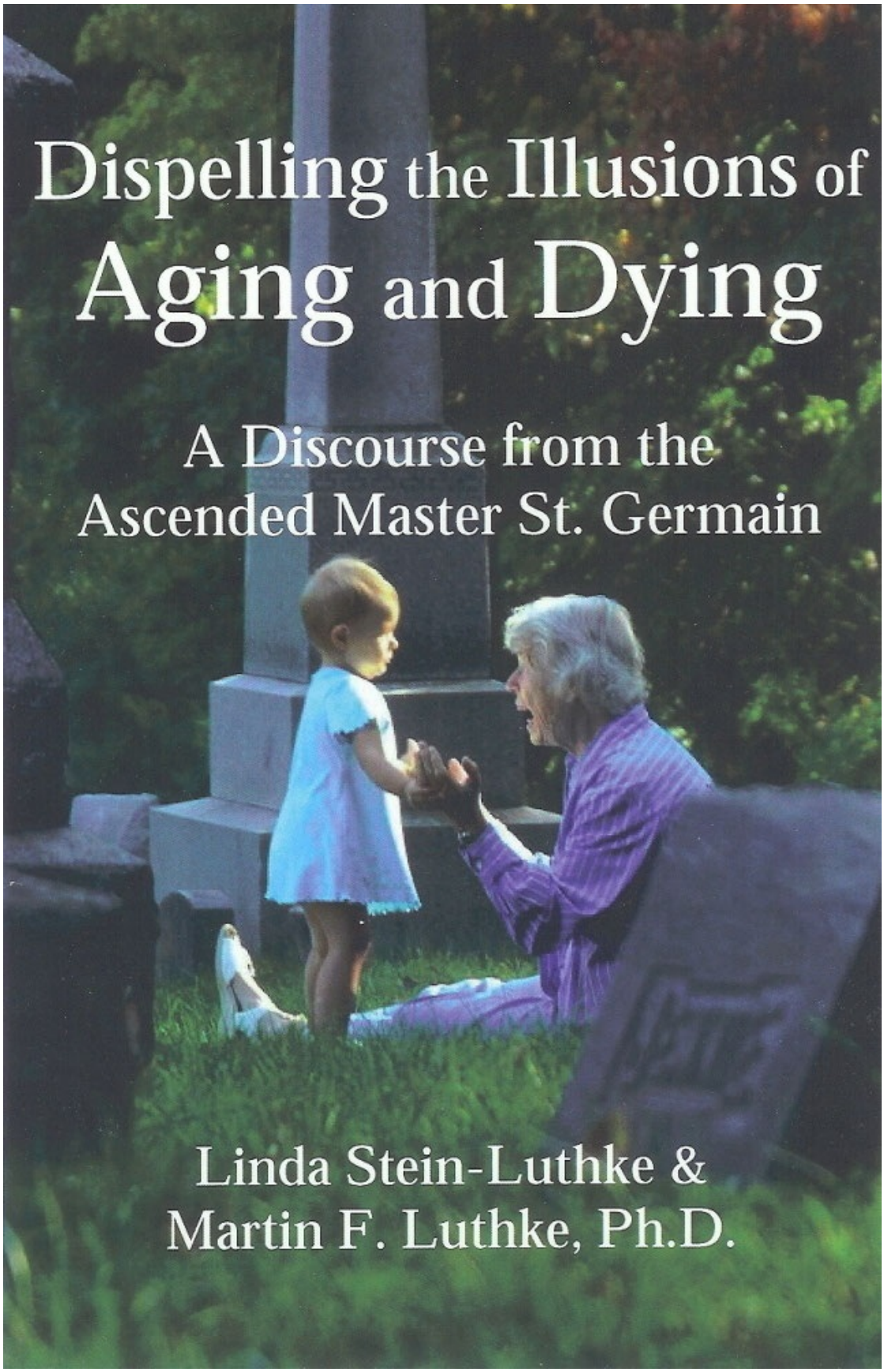
Dispelling the Illusions of Aging and Dying

A Discourse from the Ascended Master St. Germain



Linda Stein-Luthke &
Martin F. Luthke, Ph.D.

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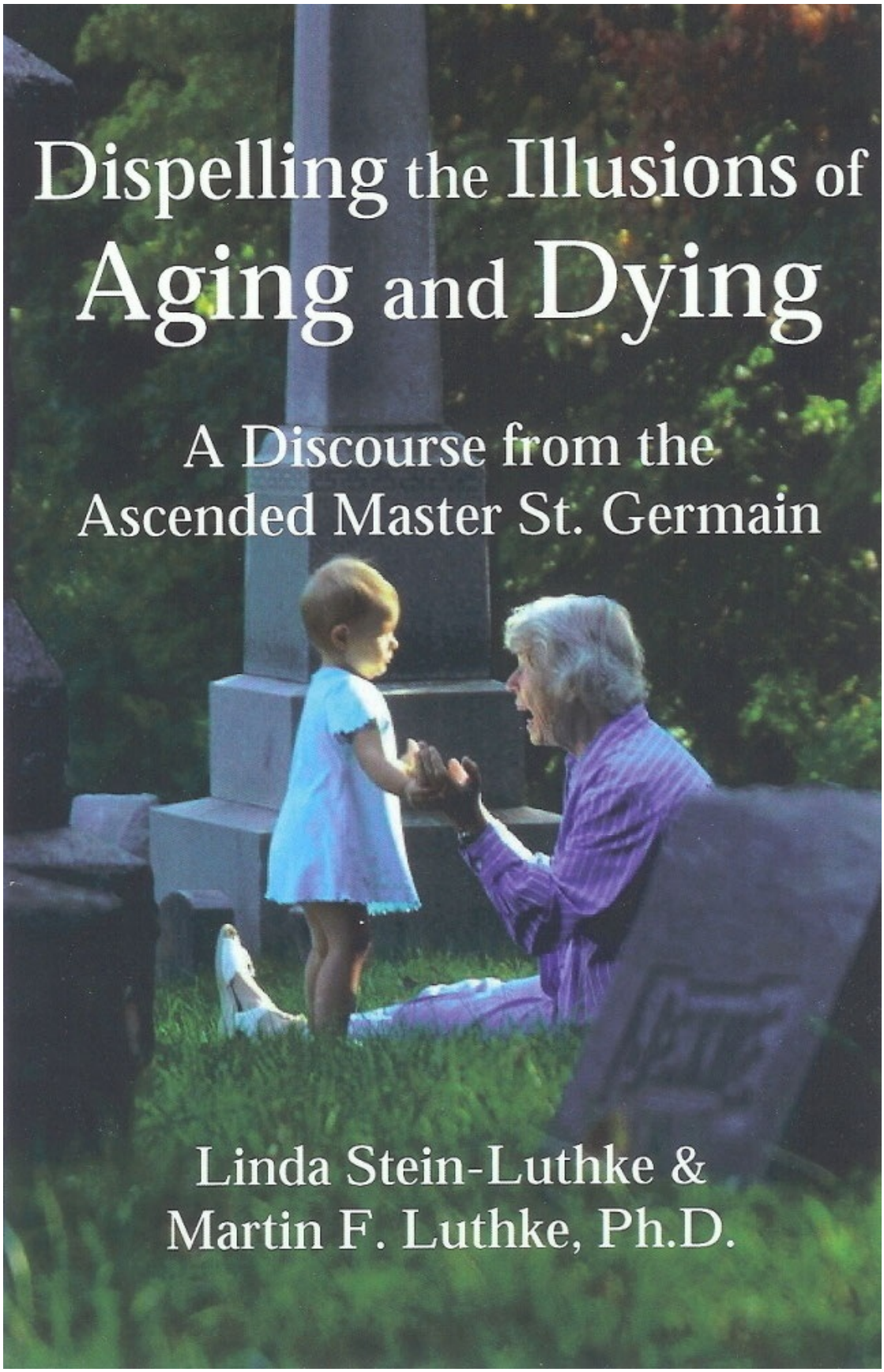

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Foreword

Last January, I was sitting in my car, gazing at a glorious stretch of the Pacific coast at Morro Bay in California. In that moment, I realized that the next channeled publication that I would allow to come through was about something most of us would rather ignore: aging and dying.

I had gone to California to care for my sister after she had surgery. That afternoon, I took time off to enjoy the ocean and the spectacular scenery. On my way down to the beach, I had an unfortunate encounter with a squirrel. The creature dashed across the road in front of me and ran right under the wheels of my car. To my knowledge, I've never run over an animal before, and I was horrified at what had just happened.

Deeply shaken, I continued the drive to the beach. There I sat, staring at the surf. The white-crested waves were pummeling the shoreline, one after another, in a never-ending procession. Each wave crashed onto the beach with all its might, only to be followed by another. Did the wave know it would die on the beach as it hit the shore, only to be followed by another wave, and another, each one composed of the very same elements as the ones that preceded it?

Those were the thoughts crossing my mind as I began to feel the peaceful presence of the beings of Light, responding to the pain I was feeling at the loss of a life.

The beings of Light explained to me that the squirrel knew it was giving its life to help me awaken to new insights. Already, its beautiful Light was filling me with an awareness that its form would return again and again, if it chose that

path. I realized that its eternal Light still existed. It was blending with my Light to show me that it was one with everything and would continue so. It had only changed form. It had never lost consciousness and was happily existing still. It would come again, just as one wave follows another, to live as full a life as it wished, before changing form and returning yet again.

These thoughts calmed my mind and eased my pain. I felt the eternal love that all Light carries, including this beautiful animal, whose inert form now belied something that I was experiencing as very real.

I wanted to know whether there was more I should do for this beautiful creature, and the answer came to leave it as it was, to become part of the natural system of life near the beach. Other creatures would consume its flesh, but it would feel no pain from this experience; it was happy to give its form so that other forms could live.

This information amazed me, for we are accustomed to think so differently about such matters. This small animal kept showing me that all life forms flow into one another in perfect order and that we need not feel guilty for the order of life as we know it now. Certainly, we have been instructed by the beings of Light to honor and nurture all that has been created and to rejoice in its beauty. But when life changes form, we can let it go and know that the Light flowing through all of us survives eternally.

After coming to peace with such thoughts as I sat watching the waves, my mind turned to the issue of aging. Visiting my sisters and brother had brought a greater awareness to me of how we are all changing as the years pass. Among my siblings, health concerns seem to have become more of an issue. Given my family’s gene pool, the probability of my enjoying a healthy, long life would be slim. But at the age of 58, I can say that I feel healthier now than I felt two decades ago. I also feel that I have aged gently to this time.

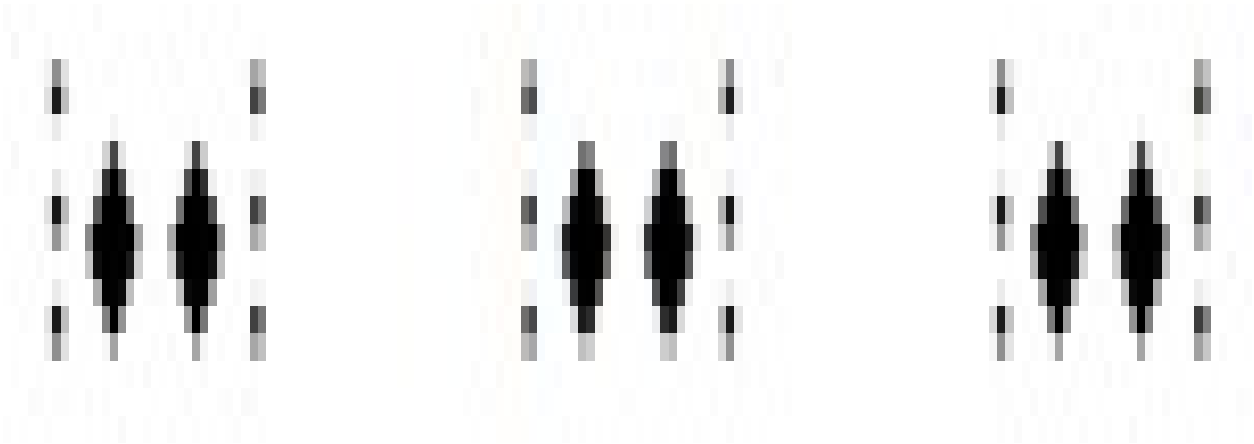
The Masters say that as we open to our Light and allow it to flow more easily through our form, we can actually reverse the aging process. I have become a believer in this as I observe my own body.

Throughout the years, I have learned many things from the beings of Light, as well as from healers and health-care professionals, about how to maintain or regain my health. I believe that proper nutrition and supplementation are essential for our well-being -- but they are not sufficient. Wellness requires an unencumbered flow of Light throughout one's form. The main obstacles to such flow are fears, and our most basic fears center around aging and dying.

The thoughts that came to me that day made my visit to the beach pivotal to my life. I hope this book will be pivotal for you. Now I'll get out of the way and let the real expert speak.

Love and Light,

Linda



Foreword by St. Germain

We are once again grateful to Leia [Linda] and Manalus [Martin] for allowing our words to come through them in the creation of this publication. We have suggested a title that would convey the message that aging and dying are illusory concepts in your three-dimensional world. Indeed, in this publication we will seek to make it clear that when you move beyond the five senses you can see these illusions for yourselves.

Any publication we produce with Leia and Manalus has only one primary function: To aid human beings in attaining a conscious awareness of the Light within them. And so the same will also be true for this publication.

Beloved children, the only thing that impedes the awareness of this Light within is fear -- fear that blocks the conscious flow of this Light. The two greatest fears that human beings possess at this time are the fears of aging and dying. If we can aid you to come to an understanding that every fear you have is an illusion, you will see that this also holds true for the fears around aging and dying.

If you allow yourselves to learn and practice what we offer in these pages and follow the suggestions for healing your fears, you will see these illusions for what they are. Then you will allow yourselves movement into a greater awareness of the only true reality there is: that all is Light -- and that includes you.

Understanding the properties of this Light is crucial. The Light is powerful, omniscient, eternal, unconditionally loving, and beneficent. You may wish to argue with this characterization of the Light that flows through your form, but

we will tell you that this is all true.

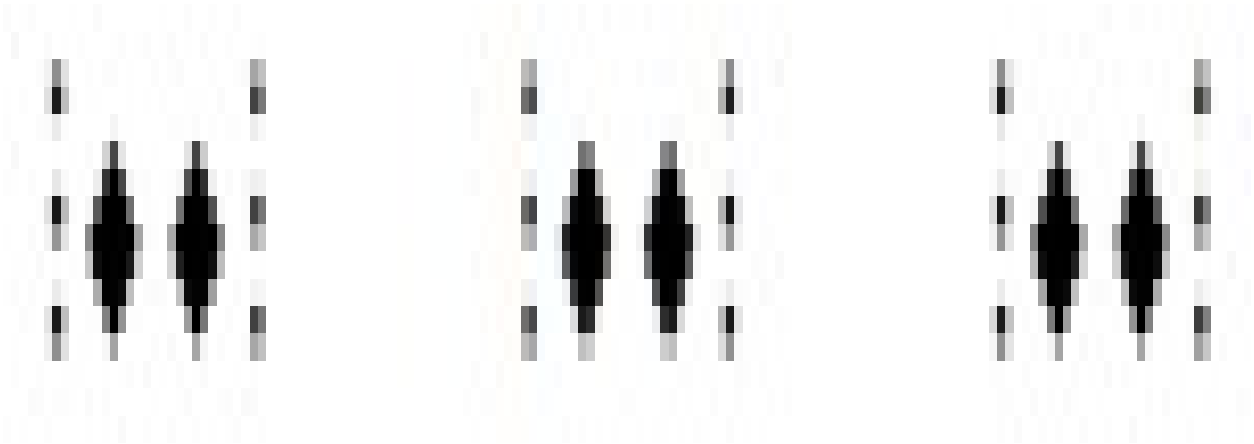
The fears that block a conscious awareness of the Light are what holds you in the grip of the process of aging and dying. Your Light is so powerful, beloved children, that when it receives signals from your ego mind -- which is also composed of Light -- that you will accept a lifestyle that insures aging and dying, it goes along with your choices and gives you what you have asked for. And so you age and die.

However, your world is changing very rapidly, beloved children. We ask you to open yourselves to new possibilities. Indeed, you may wish to open yourselves to a new world in which health and well-being are the natural order of existence. These things are possible now.

We invite you to join us on a journey to a new paradigm, a life-giving and rejuvenating paradigm that is free from all fear.

Many blessings of Love and Light,

St. Germain



About the Authors

We have found that it is often easier to relate to new information if you have at least a vague idea of the person or source it is coming from. So, before we get to the main topic of this book, let us take a minute to introduce ourselves.

The Ascended Masters are a group of Beings of Light who have gained complete awareness of their Totality. They once walked this Earth in human bodies and are now serving humanity and all of creation from the higher planes of existence, offering their Light, love and wisdom freely to all, at this auspicious time of accelerating change. The Ascended Master St. Germain is the source of inspiration behind this publication and its true author.

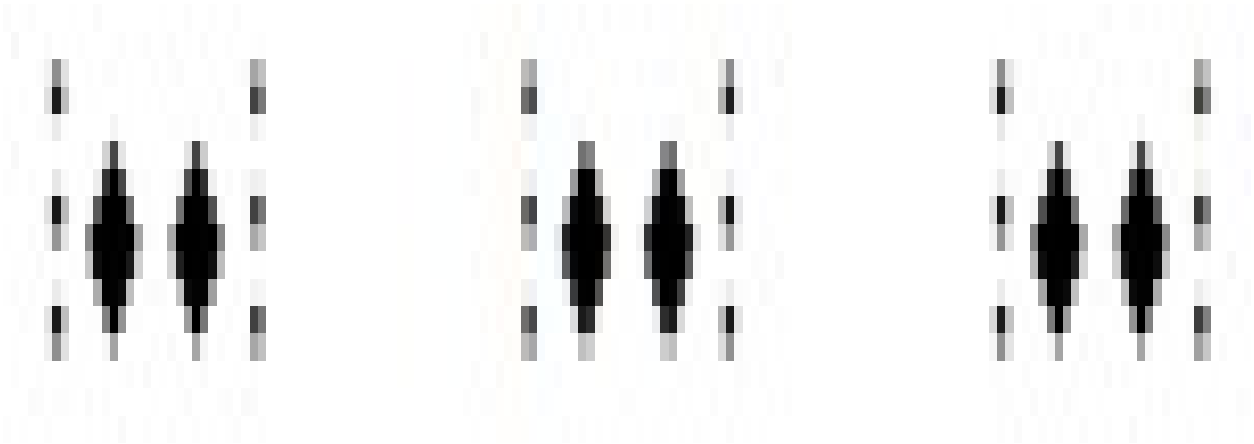
Linda Stein-Luthke is the one who brought the following text to paper. Among the gifts she has chosen is the ability to “channel” wisdom from sources other than her human consciousness. Channeling is a process during which we open ourselves to higher vibrational frequencies of Light. The frequencies we access can be from our own being or from other beings of Light working in conjunction with us. For many years, Linda has been channeling highly evolved spiritual beings of Light, most frequently the Ascended Masters El Morya Khan and St. Germain, as well as the Light of the Christos, the Archangels, and the Ma (a.k.a. Divine Mother) energy.

Linda has been a practitioner and teacher of astrology for more than thirty years. In addition, she works as a metaphysical teacher, healer and medical intuitive, using the various skills she has learned during her many years “on the path” and learning new ones every step of the way. She has been a birth mother, adoptive mother, and foster mother, as well as a successful business woman, activist and philanthropist in the women's community, and, first and foremost, a seeker throughout her life. She has traveled widely and has collaborated with masters

from various parts of the world. Her training has been within the Hindu, Buddhist, Sufi, Christian, and Jewish faiths. Linda has been a presenter at national and international conferences, as well as a leader of workshops and trainings.

Dr. Martin Luthke is a clinical psychologist with in-depth training in traditional psychology and psychotherapy. His current practice, however, has shifted entirely to an energy-based paradigm. Together with his wife Linda, he has developed an advanced energy-psychological approach called Psychoenergetic Healing. Martin is the founder and director of the Institute of Psychoenergetic Healing and the (co-) author of several books and publications. He is a healer and metaphysical teacher, and has given workshops, trainings and presentations in the United States and Europe.

In addition, Martin is a publisher, skilled cabinetmaker, a hands-on healer, as well as the father of two adoptive children and step-father of two grown sons. He was responsible for the production aspects of this book.



Dispelling the Illusions of Aging and Dying

Chapter 1

How Homo Sapiens Created Aging and Dying

Before we begin a dissertation on how you are shifting to a new paradigm of continual health and well-being, let us discuss with you the situation in which your species and other species upon your plane have lived for lo, these many centuries.

You may have been told that aging and dying are things that have been decreed by God – whatever the God of your religious believes may be. In a way this might be taken as the truth. The God of creation, that which we have called Infinite Source for the sake of these publications, did indeed offer this beautiful creation to the life forms that reside on your Earth. What was given to human beings and all creatures residing here was free will – the choice to create whatever would come into existence on this beautiful Earth. Part of what has evolved is the process of aging and dying. You may then say that in the loving act of giving this beautiful creation to all who dwell upon it, the God of your belief system decreed free-will choice for all that exists here, and out of that decree was chosen the experience of aging and dying.

Beloved children, prior to this particular period of existence for life on Mother Earth, there was a time when nothing that existed aged and died. This may be difficult for you to believe, but it is truth. Indeed, as soon as you leave the third dimension and travel to higher frequencies of Light, the first thing you notice is that there is no suffering and hardship as you have experienced them in the third dimension. Many have called these higher frequencies forms of heaven, because all is in balance and harmony, beautiful to behold and eternal.

Such was true for Mother Earth as well in times gone by. When first this creation came into being, it was not intended to be a place of hardship, suffering, death, and destruction. It vibrated at a very high frequency that was “heavenly” to

behold. All thrived in this wondrous creation. New life forms were created continuously, but nothing needed to age and die to make room for the new form -- or for any reason at all. Birth and death, as you now know them, simply did not exist as concepts in this time before time.

There was no hunger, thirst, or death. Hence, there was nothing to fear. All lived in peace, harmony, and balance, enjoying the fruits of this wonderful creation. In your Bible you have called such a time the time of the “Garden of Eden.” Indeed, it did exist in such a manner. What we are asking you to understand is that this “Garden of Eden” still exists. It never vanished. It never disappeared. All that occurred as time passed and human beings came into existence as you know them now, as homo sapiens, was that these homo sapiens became blind to the existence of this place of beauty, balance, and harmony.

In the Bible you have called this the time when human beings awoke from their “heavenly” existence and realized “knowledge.” Your religious scriptures describe how this knowledge came to man from an apple handed to him by a woman. The woman received the apple from a snake on the tree of knowledge. The human beings realized that they were without clothing and became afraid of the power that had created them. They knew that knowing their own nakedness and being ashamed was not a concept of balance and harmony. They had fallen from a state of grace in which there had been no reason to fear anything.

This interesting myth has incorporated many of the very thought forms that have held homo sapiens in ignorance, not knowledge, for many centuries of your Earth time now. What lowered the frequency of human beings and brought them to the suffering you are experiencing now, what took them from their Garden of Eden, is a series of thought forms that have led to centuries of suffering -- and have currently placed you and your planet in great peril. This suffering is actually unknown in any other portion of creation at this time. It exists only here on your beautiful Earth.

We have stated to you before on many occasions that the only thing that will lower the frequency of human beings is fear. Furthermore, whatever it is that you choose to fear is what will come to you -- because of the power of the Light, which you don't even know you carry within your being.

You are Light, beloved children. All that you behold is Light. But the power of the thought forms of fear that you now hold in your beings is keeping you in ignorance of the power of your Light and causing you to continue your history of pain, suffering, aging, and dying.

What happened centuries ago in Earth time that caused you to live in the uncomfortable dream in which you reside at this time? You forgot that this Light would take care of you. You forgot that this planet -- which carries an abundance of all that one could possibly ever want in order to have a joyous life -- could take care of you, and you decided to seek dominion over all living things -- including each other.

When you forgot the sovereignty that is inherent in all life and chose to believe that you could own, enslave, and take this life for your pleasure, you broke a bond with the Light. You stopped trusting that this unconditionally loving energy was all you ever needed in order to live in peace, harmony, and balance in this beautiful creation. As soon as you chose to believe that you had dominion over life on Earth, you began to fear that whatever you had acquired would be taken from you.

What you did not realize with your human minds is that you owned nothing in the first place. All was given to you as a gift from Infinite Source, and these gifts were in plentiful supply. You did not need to own any of it. There would always be enough for all who dwelled on this Earth.

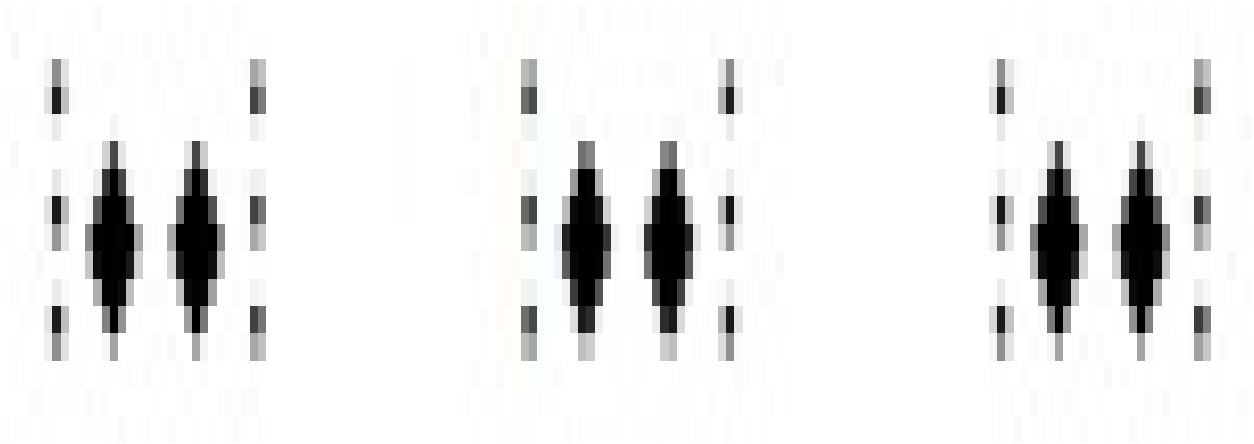
You lost your trust and belief that this was so, and this was what you then began to call “knowledge.” You sought to learn more and more ways to have dominion over this creation. In this process, you began to fear that what you were doing to creation would be done by creation to you.

The law of Karma was created by you to help you remember, when you lost your form and died, exactly what you had done to create the suffering you experienced at your own hand while you lived on this Earth. The cycles of Karma were then created by you so that you could experience upon each embodiment what you needed to learn to help you awaken to the truth: that all comes from Infinite Source and belongs to Infinite Source. It is a gift to you, not something to be taken and “owned” by you. This Infinite Source loves you and can only nurture and care for you. It would never punish and harm you. You choose to do this to yourselves.

This truth never died. It is still possible to live on your planet and be nurtured by it without aging and dying. It is still possible to live in balance and harmony in an awakened and enlightened form without fear of any kind. But to do this, you must first realize that you co-created with everyone else on this planet what you have chosen to experience lifetime after lifetime since homo sapiens first walked on Mother Earth. You all agreed to this experience together. You all agreed to try to have dominion over this creation and chose to believe that the natural order of things was not enough. You wanted more. And through wanting more, you now see that it is not at all what you really wanted. But would you have known this without first testing the unconditional love of Infinite Source?

This Light that radiates throughout your beings, beloved children, is the unconditionally loving Light of Infinite Source. This Light, which has only loved you, has allowed you to have what you call “free-will choice” to fashion this creation that you call Mother Earth in any manner you wished. And this is what you chose.

The same unconditionally loving Light of Infinite Source is now allowing you to re-create your planet on a higher frequency that will bring you back into a state of balance and harmony. You are now returning from your grand experiment in dominion over Mother Earth to a state of acceptance and surrender to the natural order that provides balance and harmony to all and everything. As you now choose to heal yourselves, you will surrender and transform into Light your fears of lack, aging, and dying. This automatically will raise your frequency and the frequency of the Universe in which you reside to one in which you will once again be in balance with all and everything. If you are willing to do this, as you raise your frequency you will let go of the concepts of aging and dying as well as the concepts of fear of lack and suffering. All this can be possible, and this is the process of which we speak.



Chapter 2

A New Day

As we have said, beloved children, as time passed on your human plane on Mother Earth, you and all who resided here chose to forget the true nature of Infinite Source as the loving Being who nurtures all life, and chose instead to believe that human beings must have ultimate control over all of creation. In recent times, this has become the concept of “scientific progress.” This is, however, not the first time that human beings have come to a place of believing that they had conquered nature with “scientific progress.” Oh no, beloved children, this has happened before. Many of you who lived through a time of great cataclysm for Mother Earth are here again, per your karmic agreement, to see whether you wish to learn from past experience.

You see, beloved friends, there was a time of great peace and prosperity on your plane, when vast oceans and land masses were placed differently from what you perceive on your planet at this time. You have called this the age of Atlantis, and there are stories about this time in your ancient literature. These stories have talked of a land where humans became “scientifically” advanced and chose to challenge and reshape creation in accordance with their own whims -- much like what you are observing on your plane at this time.

In this time before time their adventures led to a great cataclysm for Mother Earth as well as centuries of devastation for all life that lived here. Your scientists have seen the effects of this time and have posited many theories regarding the origins of that which you have called magnetic shifts, ice ages, and so forth.

We are here to tell you, beloved children, that your plane is on the precipice of another great change as a result, once again, of the human desire to control this beautiful creation with “scientific progress.” What is being chosen this time,

however, is an awakening of spirit within a vast majority of humans who lived through the previous cataclysm and who have returned now to balance their karma from that time. You have chosen to be part of that awakening, or you would not be reading this publication. You have been drawn to learning of your past and wishing to be part of the new day that is dawning for all of humanity and creation.

As a part of that awakening process, you will choose to let go of all the illusory fears that have held you in stasis for so long. You wish the veil to be lifted from your eyes so that you can finally see reality and know that life, all life, is perfect as it is, without the influence of human intervention.

Mother Earth is awakening also. That is why her frequency is increasing so rapidly at this time. Your planet and all who ride on her back are moving into a time when all will be awakened to knowing the true nature of Infinite Source.

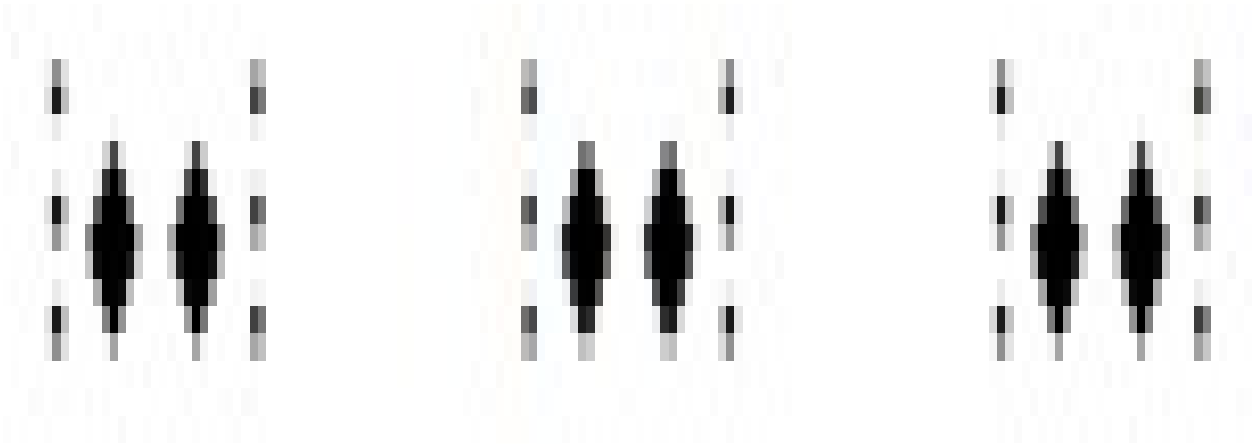
First, however, we wish you to understand that there have been no mistakes. No one is to be blamed. We are not asking you to correct anything that was wrong or bad. We ask you to understand that you were and are still participants in a grand adventure on your planet. This adventure was to explore the world of gross material form at its lowest density and frequency. That you have done. Humanity has tried every possible combination of experiences while in bodily form.

You are asked to have compassion for yourselves and all who dwell here for what has been chosen on your grand journey into this creation. It was a time of ignorance, not knowledge. Now you are awakening to a wisdom that replaces all knowledge. Now you are wishing to cherish all of creation and move with it, not as an act of domination, but as an act of loving and accepting the beautiful gift that has been given to you by Infinite Source.

This will be a very different experience for all who choose to know and accept that change is occurring on your planet at this time. However, many may not choose to awaken to this change. Indeed, you may find yourself wanting to "correct" the course of others around you. We would ask you instead to trust that those who choose to awaken will awaken, and that Infinite Source will love all, no matter what choice is made.

There is no heaven or hell, beloved children. In truth, there is only the compassionate loving Light of Infinite Source, and that remains always available to everyone and everything. That Light is eternal -- as are you.

And so a new day is dawning for all of creation, and all will be affected by this change through the frequencies of healing and transformation for all and everything. You are asked to awaken now, beloved children. We are here to help you on your journey.



Chapter 3

A New Way of Being

Leia and Manalus have been quite fascinated with the material we have presented so far in this new publication. They have had many questions for us when we have been in direct communication with them.

We also understand that you, dear reader, may have many questions as well. In this particular section we would wish to address some of these questions. The first and perhaps most crucial question is what are we asking of you -- are we postulating theories that seem to say that the life you have lived thus far on this planet has been, at the very least, misdirected in every way? Do we wish you to change and begin immediately a new way of living that will incorporate the concepts we have discussed thus far?

The answer to this is that we do not wish you to change at all. It is not our function as beings of Light to wish anything of you. We are here to answer your questions and explain from another perspective any and all concepts that you would wish to comprehend. Our only function as beings of Light is to love you unconditionally as you are in this moment and to aid you in learning to do the same for yourselves. When you can love yourself as we love you and as the Light loves you, then you will be enlightened and awakened, and all that we have described here as new ways of being will be incorporated into your lives naturally and easily.

We do not ask you to change how you are living. We ask you to consider a new way of being.

Now, you may ask what exactly does that mean -- a new way of being? This will

be crucial for you to comprehend, dear children, so the rest of this publication will be devoted to helping you understand this.

As we have said many times, the truth is simple. What we will describe to you here is very simple indeed. You will find, however, that it will take a great deal of effort for you to truly comprehend this simple idea. For in recent centuries, there have been precious few lifetimes that you have lived when you have been exposed to this simple truth and been allowed even minimally to live your life according to this truth. Indeed, very often when you have tried to live your life in this way, you may have been punished terribly, and this has left a scar that may stand in the way of your accepting this simple truth now. Yet we encourage you to understand that you can change now to this new way of being, and if you truly align to this simple truth, then there will be nothing to fear.

So what is this simple truth? It is that you can accept now, in this moment, that you are unconditionally loved by the Light of Infinite Source and that this loving Light already flows through you in every moment. You see, beloved children, we do not perceive you as wrong, bad, or broken. We see you as already filled with this wondrous Light and self-realized in every way. We see you already in your true nature, and that is what we address when we speak with you. It is you who are living in illusion and stultified by a world that you believe is telling you whom you should be and what you should be doing in any given moment.

What we are asking you to do, moment by moment, is open yourself to a wisdom that is omniscient and compassionate. This wisdom will come from the Light that flows through you now. You have called the source of this wisdom your Higher Self. The term we often use is your Totality -- which describes all you have been or ever will be. Both terms basically describe the same thing. It is the Light that connects you directly to Infinite Source, and it loves you perfectly and unconditionally in every moment.

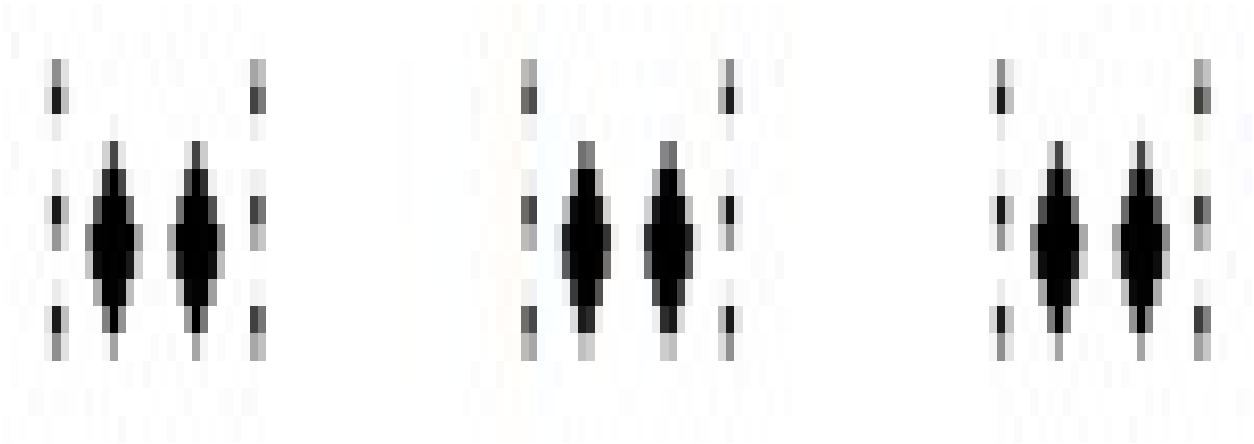
This Light also fills all that you perceive on your planet at this time. Everything

is composed of Light. We know that as you lift the veil that clouds your perception, you will begin to realize the beauty of all you behold on Mother Earth. As you do this, you will gradually choose a different way of being that honors all that is. As you learn to let this Light love you, you will wish to radiate this loving Light to all you perceive. It is a process that will occur moment by moment.

We do not ask you to go out and “man the barricades” as you stridently create a new planet that must incorporate the concept of loving all you perceive. How can you do such a thing, if you are living a new way of being? You will no longer wish to be strident or dominate anything.

No, beloved children, we ask you to go within -- and change your perception from within. It involves a new way of being, not doing. As you open to this new way of being, it will gradually change the world in which you choose to live.

We have written a publication with Leia and Manalus entitled Navigating the Fourth Dimension, and you may wish to peruse that book in order to comprehend this concept more clearly. Let us simply restate here that all change comes from within. As you heal your issues and your fears, and release your doubts, you will begin to allow this unconditionally loving Light to flow through your being with an unencumbered conscious awareness. This new way of being will shift you naturally and easily to the higher dimensions, to the fourth dimension and beyond. Your world will naturally follow along with you. It is cosmic law. Remember, beloved children, that you co-create your universe, and as you choose a new way of being, so shall your universe. As this occurs, you will no longer age and die as you know this now. You simply won’t. We will explain more.



Chapter 4

You Have Begun

Now you may ask, beloved children, how can I learn to accept this Light that loves me? We will tell you that you have already begun. This may seem strange to you, for whether this information is new to you or you have read the other publications that we have created with Leia and Manalus, you will tell us that accepting the Light appears to be a rather difficult thing to do. If that is so, how can we know that you have already begun to do this?

Many of you will say that if we really knew you as you know yourselves, then we would give up ever trying to help you learn to allow this Light to love you. Do we know and understand how bad you have been in this lifetime? Do we know all the mistakes you have made and the terrible things you have done?

We will say yes, we do know what you think you have done. We do know all this, for we have opened to the Light from Infinite Source, and since this Light is omniscient -- all-knowing -- it allows us to see and know everything. The very same Light that loves you unconditionally in every moment has allowed us to see everything about every being who reads this publication. Thus, we will know when you read these words and how you will respond to what you have read. Because there is no time and space where we reside, we know already who will be drawn to this publication and read it, even before such occurs upon your human plane!

In effect, we are actually speaking directly to you now, as these words are being produced through Leia in this moment! Again, because there is no time and space, it is possible for us to be in an infinite number of places at any given moment. Therefore, you can know that we are not wasting our time addressing you here and now. Since time does not exist where we are, we have no time to waste!

As you open to the Light and understand the nature of the reality of which we speak, you will also understand these things. Then you will begin to embrace this reality for yourself. You will come to understand that there is no time and space outside the third-dimensional world in which you currently reside. As you move to the fourth dimension and beyond, where we reside and experience timelessness, you will have to accept that there is no time.

If you accept that there is no time, then how can you age? Aging requires the counting of years and the acceptance of the passing of time. If you begin to live in a world that is timeless, then you will have to become ageless!

So, beloved child, as you read this now, know that we see you in this moment as whole, complete, perfect, and completely radiant -- as a being of Light living in the third, fourth, and higher dimensions already. You have not only begun this journey into an acceptance of your Light, you have arrived! We welcome you with open arms as a companion and a friend.

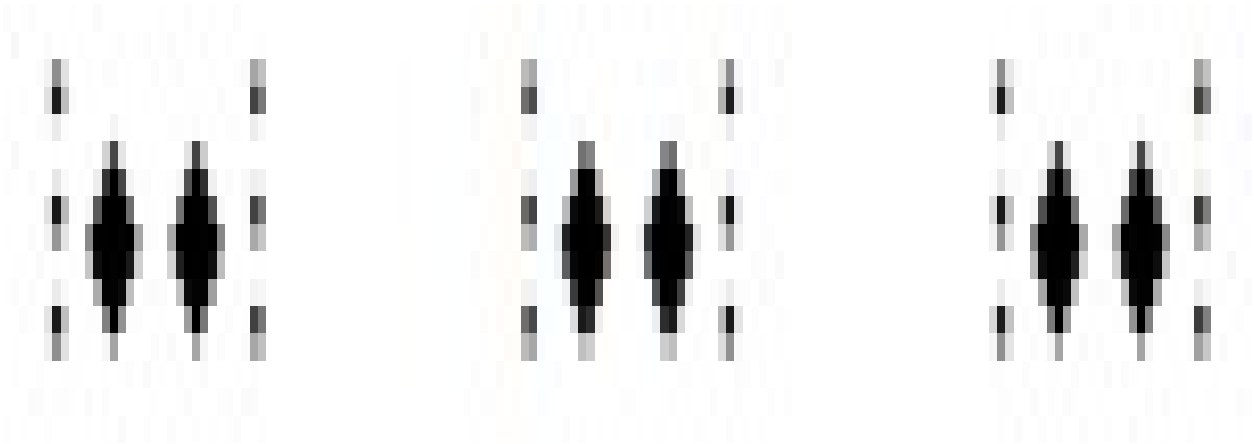
The metaphysical laws of which we have spoken are timeless. They do not apply only to something that happens beyond the realm of your conscious awareness. They exist everywhere and always, just as the Light exists everywhere and always. What we are describing is the very nature of this Light that flows through your form in this moment as you read this page. What we further describe is how you will comprehend your universe and the world in which you live, once you have opened to the Light and awakened to the true nature of all and everything.

Understand, beloved child, that you exist eternally, just as the Light that flows through you exists eternally. You are a beloved being of Light who is living in a world of illusion, which leads you to believe that you are not worthy of this Light and cannot open to accepting it. You believe that you are bad, wrong, and

prone to error.

We know otherwise. We see you as complete and whole and filled with this unconditionally loving Light that is eternal. We know that in time, in your Earth time, you will know this to be true for yourself.

It is not and never has been a debate as to whether you deserve this Light, or whether you deserve to know this Light. It is already flowing through you and everything you perceive. The only real question then -- for you, not us -- is when do you choose to accept that this is true?



Chapter 5

Have You Had Enough?

We have spoken very boldly in this publication of how we perceive you and how you will choose to awaken to this loving Light in the days to come. Without doubt, we have intrigued you with what we have spoken. We are aware that there are many, many questions remaining within you regarding what we have shared with you thus far. You are wondering first and foremost whether you “qualify” as someone who could move into higher frequencies and awaken to the eternal Light that flows within you.

In response to this, we would ask you: Are you satisfied with your life as it is at this time?

If you are satisfied, then we would encourage you to read no further. For you have all the answers that you need in regard to life’s questions and your place in this beautiful creation. You have found peace, harmony, and balance, and all is as you need it for the journey that you are taking here on Mother Earth. You have entered dimensions of reality that allow you a grace and wisdom that few have found as they have walked your planet.

But for those of you who express dissatisfaction and think that this is a sign that there is something wrong with you -- to those we would say, Read on! The very fact that you believe that something is wrong with you and that you are dissatisfied, tells us that somewhere deep inside you, you know that you have not yet touched a true reality that can be meaningful in your life.

To you we would pose these questions: Have you had enough of the suffering that life without real knowledge of the Light can bring to you? Do you think it is

time to know more?

Understand, beloved children, we do not judge you, and most certainly the Light does not judge you. The Light is incapable of judgment. We do, however, believe that you judge yourselves and find yourselves wanting at times in regard to many areas of your life. You use expressions such as “If only I had…” or “I should have…” to address many situations that arise. You have been conditioned, beloved children, by the universe you co-created before you even embodied to give yourself certain thought forms that would describe your inadequacy. First and foremost, there are the thought forms that you are born and eventually you die. In between these two major experiences, you will suffer, and if you are very lucky you will gain some modicum of wisdom from all your suffering before you die.

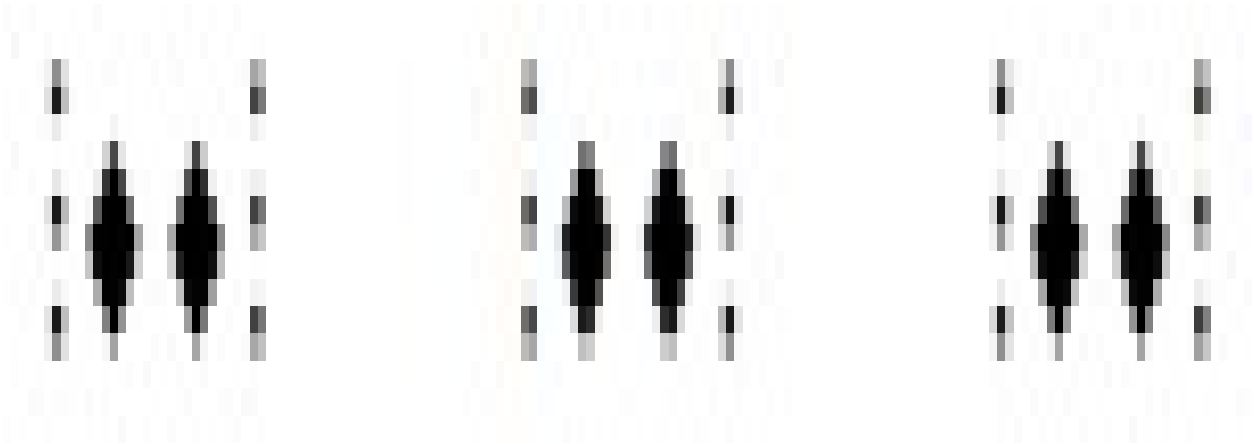
You believe that this is all you deserve. You believe that you have been born into a vale of tears, in order to go through the “valley of the shadow of death” many times and perhaps have some salvation -- if you are found worthy -- after you depart from life in the flesh. Even those who are open to metaphysical awarenesses, have called life a school for growth that is not ever pleasant. For instance, the great Buddha, who was indeed a being of wisdom, has postulated that you can expect life on Earth to be an experience of suffering. The only true salvation, he taught, is a sacrifice of the ego through meditation, which can bring you a blissful awareness of the beautiful Light. But Buddha does not say that you will necessarily find this beauty in your everyday existence. There is much karma for which you must answer, before you can move to this bliss. Perhaps it can come to you after you have been still in meditation for a great deal of time. And if you touch even a moment of awareness of this bliss, then you must be grateful that this has come to you.

Some followers of this great faith may argue with our assessment -- including Leia, who is writing these words. We will say to you, beloved children, that nothing that has been created on your Earth plane that addresses a way of living adequately addresses what is happening to your planet and to you at this time.

We ask you, beloved children, have you clung to your history and your philosophy of life long enough? Have your belief systems, whatever they have been, addressed all your worries and fears? Have you had enough of the way it has been?

We do not ask you these questions to negate what you have learned or experienced so far. Not at all. We cannot do this, for all has been in perfect order for your life thus far. It always is. It has certainly brought you to this time and space, in which you can consider what we speak of here. This is indeed a wondrous awareness to possess; wondrous indeed.

Yet we tell you that there is more to learn that will prepare you for the days to come on your human plane. Now there is more to know. And what you will learn may very well challenge all you have learned thus far in your many lifetimes as human beings on Mother Earth. There are new ways of being, beloved children! Have you had enough of life as you have known it? Are you ready to learn more?



Chapter 6

What Is This New Way of Being?

As we have stated before, until this time on your human plane, you have believed, to one degree or another, that you are at the whim or mercy of the God of your particular belief system. You have been conditioned to believe, in this lifetime as well as in others, that centuries ago human beings made some terrible errors in judgment and that you are still reaping the consequences of those errors. Therefore, you will live, you will die, and you will suffer.

Nothing in life that you have seen so far has told you that you can escape this terrible fate. And so, you are afraid. Your greatest fear is of death. Your next greatest fear is of a miserable death filled with suffering. You may have seen many human beings experience what you fear most, so you see no reason to believe that life will be otherwise for you. How can we, then, postulate that the belief system that you have carried so far, which is deeply entrenched in your being, is false? Everything in your third-dimensional world tells you otherwise. Who are we to tell you differently?

We are beings who have lived on your planet in many lifetimes. Since there is no time and space where we reside, we are privy to any of our lifetimes at any moment. Therefore, we can very well recall how we were caught in the same trap of illusion and confusion as that in which you currently reside. Furthermore, we can see how this trap caused great suffering to us and those around us in all those lifetimes. We have experienced what you are experiencing. We also know that it can be different for you now, if you choose to allow that to be so.

Beloved children, because the frequencies are shifting so rapidly upon your planet at this time, if you choose, you can avail yourselves of the frequencies that exist outside the third dimension, and you can know what we now know and see what we now see -- if you choose.

We do not ordain this, and we cannot make you do this. You live on a plane of free-will choice, so you must choose for yourself. However, if you are reading this publication, it means that your own Light, your own Totality (or higher self) has made the attainment of this knowledge a primary goal for you in this embodiment.

What does it mean to have this knowledge? What does it mean to really know, not just believe, that aging, suffering, and death are illusions? It means that you will be free of all fear. If you are free of all fear, then your being will radiate Light unencumbered. Beloved children, all that blocks you from being fully enlightened are these fears. All that keeps you believing that you must age, suffer, and die are these very fears, which, once released, will allow the Light to flow through you without impediment and will create your enlightenment.

Once you no longer fear these things and allow yourself to accept the flow of Light through your being without any encumbrance, you will no longer age, suffer, and die. Understand, beloved children, the very things you fear are what you will choose to experience. You are powerful beings of Light. You co-create your universe in every moment with your belief system, so you will experience what you believe you are to experience. It is that simple. If you believe you must age, suffer, and die, then you will.

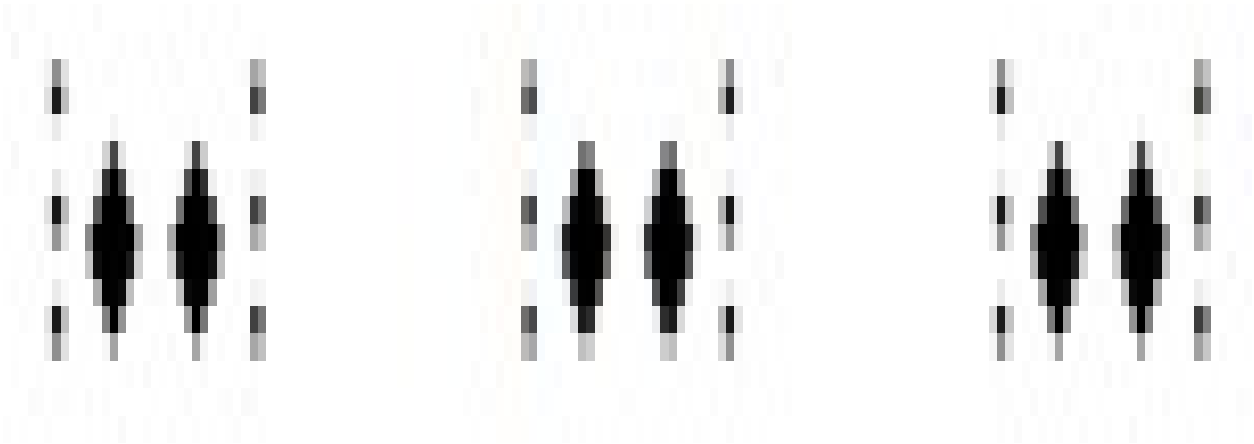
However, if you choose to awaken and accept the Light through your system in every moment and trust that this Light -- which is not an illusion -- is only loving and nurturing your being at all times, then you will not be capable of aging, suffering, and dying. It simply won’t be possible. Instead, you will allow the Light to love and nurture your being, unencumbered by fears and illusions.

Furthermore, as you accept this Light and allow it to love and nurture your being, you will automatically radiate it to your whole universe and all that dwell

therein. Your universe will shift, and you and all that surrounds you will move into this new way of being. It must be so, for all you perceive is simply an extension of who you are. It is all interconnected, and it is all Light.

It is a matter of focus, beloved children. If you focus on the third-dimensional world that you have always known, then that is what you will continue to experience. If, however, you allow your focus to shift to this beneficent Light, which is loving and nurturing you as it flows through your being, then that is what you will continue to experience. You will see what we mean.

What we are explaining here is a new way of being. Because your planet is awakening, beloved children, you can awaken as well. You can live a life you have never known before while in human form. It is wondrous, beloved children, truly wondrous!



Chapter 7

How Will Life Be for Me if There is No Death?

You may ask, beloved children, “If I do not age, suffer, and die, then how will life be for me?” You are not even sure you wish to be immortal! Is that not so, beloved children? Let us tell you, however: You are already immortal. The only difference will be that you now know that for the truth it already is.

If you wish further verification of this truth, we would ask you this question: How can we communicate with you, if we do not already exist? You are receiving information from us, but if we were not immortal, then how could we have this communication with you? It appears that we are no longer “alive,” and yet this experience you are having with us seems very lively indeed!

Furthermore, even if you were to choose to leave your physical forms, you will not die, just as we have not died. If you choose to leave your physical forms you will experience whatever you believe will happen to you. Many now on your human plane have shared their experiences of disembodiment which they have called “near-death experiences,” and all realized a most profound truth: That death, as you have conceptualized it thus far, is an illusion.

Beloved children, as you open to this conscious awareness and release your fear of dying, another option will become open to you. You will no longer age as you have understood this experience thus far. The passing of years will actually have little meaning to you. Indeed, you will feel healthier and more vital as time passes. This will leave you with another option: You may choose not to lose your human form in the traditional manner of “dying,” as you have known it to this time. When you no longer desire to have a form, it will just fade away as a third-dimensional experience, and you will be in what you may describe as your “Light body.”

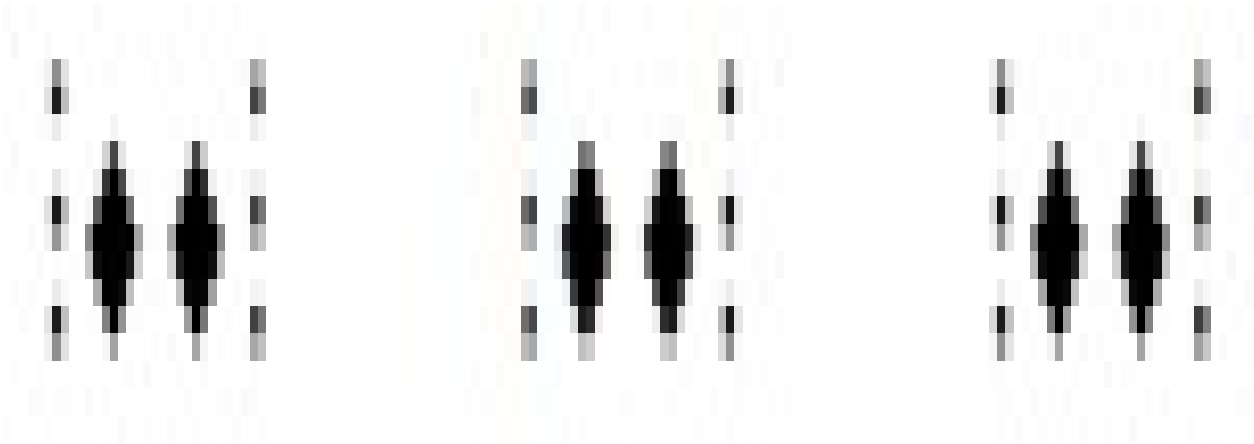
Some of you, who have communicated with loved ones who have departed the Earth plane, have had a vision of these loved ones after their departure. When you have seen their forms, they have appeared youthful and vibrant to you. They have not necessarily seemed as they were before they died. Is this not true? They appeared in the prime of life, did they not? This is indeed what would occur for you as well. You, however, need not wait until disembodiment to have this experience. As you heal these issues of aging and dying, you will find that your form will remain vital and active, belying your chronological age.

When you choose to release your form, you will retain this vital, active image of self on the other planes of existence. This implies loving yourself now, as completely and totally as the Light loves you. For if you do not love what you behold now, then how can you wish to remain with this form eternally, in a state of balance and harmony? However, even if you do not love your form as it is, we will tell you that you will keep your form eternally. You will simply remain suffering and in disharmony with this form. How this will be made manifest will be explained in greater detail in the following chapters.

We know we are immortal, and so will you. This actually will not be a new experience, for after you have left your body in previous lifetimes, you have known that you were eternal and that all the physical suffering you endured was an illusion. You do already know this. Your totality is composed of all you have ever been or ever will be, and that is eternal. It is why all of us can access other lifetimes. We are all living in the eternal present. Eventually, the illusion of time will dissolve for one and all.

The difference in what you are choosing now is that you know this while you inhabit a human form. Because you will have moved to the higher frequencies while still encased in your body, you will be privy, prior to disembodiment, to all that you ever have been or ever will be. You will have the opportunity to see how past choices mandated what you chose to experience in this embodiment and how you can heal these issues with the unconditionally loving Light from

Source. This is possible now, and you can know this for a truth. Then you can make enlightened choices, free of fear, because you now have this knowledge. These enlightened choices will lead to a vibrant, vital, healthy life.



Chapter 8

Abundance Comes in Many Forms

Imagine, if you will, beloved children, that you are in the Garden of Eden. Look about you with your inner vision. What do you behold? Is the sun shining? Is there a beautiful blue sky? Is there an abundance of any kind of food that you could possibly desire? Are there beautiful fig trees, fruit of all kinds, sweet meats, nuts, and flowers that fill your senses with fragrance and color? Are all your needs being met in this wondrous garden?

Beloved children, in a preceding chapter we told you that this garden still exists. The abundance that we speak of, as in the example of the Garden of Eden, will occur for you when you open your eyes to finally see what has always existed. Nothing new will occur then, except that you will finally see what has always been so. You have always been in the flow of abundance, just as it would be in the Garden of Eden. Abundance comes from Infinite Source. In time you will finally allow yourself to know this for the truth it is.

You may ask how this can be so. The reality of the three-dimensional world in which you currently reside tells you that this cannot be possible. Most likely, you don't live near any garden that is meeting your needs. You do know, however, that you have bills to pay each month and escalating expenses that your current mode of living is struggling to support. While we tell you that you may live in abundance and for as long as you wish, all you wonder is whether you will survive the mountain of debt you've accumulated during the period of time you've already lived!

If there is any area now of our discourse that is actually causing you concern, this would be it. What can we possibly be thinking?! Beloved children, there are lifetimes we have lived, during which we have experienced lack and debt as you know it now, and we suffered for it. Given this information, you may ask even

more emphatically: What can we possibly be thinking?! Yes, beloved children, we understand. We do most definitely understand.

And yet, we tell you once more that you do live in a Garden of Eden. It never disappeared. What will change in regard to knowing this reality is that your eyes will finally open, and you will see it for yourselves. Then you will wonder what you could possibly have been thinking that kept you blind to this.

You will recognize that no longer having the fears of aging, suffering, and death frees you to experience abundance in every form imaginable. Right now, you experience lack in regard to relationships, health, financial matters, and joy in your life. You feel unloved or not loved as you would wish to be loved.

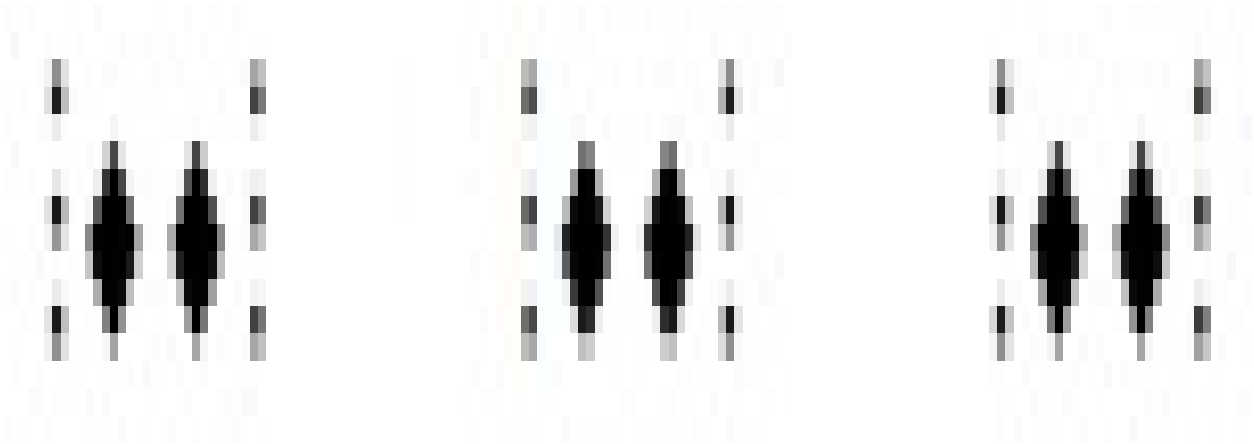
The lack of joy in your life is directly connected to your sense of feeling unloved, and this is the crucial area we wish to address. As you begin to feel loved, you will begin to feel joy, and as you begin to feel joy, you will begin to experience abundance in every area of your life where you currently perceive lack. A Garden of Eden will open to your awareness and you will be in a new dimension that is free of fear, where all your needs will be met.

You may say; “Well, that sounds as if I’ve died and gone to heaven after all!” The good news is, you do not have to die to know this heaven. It has always existed and been within your grasp. How often have you said: “I feel as if I’ve gone through hell?” Have you ever said, “I feel as if I’ve been in heaven?” You may have said the latter on occasion, but we would wager that you have more often said the former. Not only have you uttered the former, but you probably have a memory of the exact situation that elicited the remark. Most assuredly, something very unpleasant caused you to believe that you were already residing in hell. Do you have a memory, however, of what would have caused you to believe an experience was heavenly?

What we are telling you here, beloved children, is that you have within your grasp the ability to create your own heaven or hell on Earth at any given moment. You have already done this many times. Leading scientists have had to revise their understanding of your physical universe to include the reality of multiple dimensions and parallel universes. [“The Elegant Universe” by Brian Greene is a very accessible book about String Theory. It is the basis of a PBS series (available on video/DVD) with the same title.] What the scientists are just discovering has been true all along! You have been co-creating the universe in which you are currently residing, in order to bring it into agreement with what you perceive to be true and real. However, this is only one of an infinite number of dimensions within which you could dwell.

At any moment, you can change the perception of reality you are currently experiencing and co-create a new dimension that would incorporate not only health and immortality, but the abundance that would be necessary to sustain your existence. When we speak of abundance, we are not talking of vast sums of money in your bank to finance a long and greedy existence. No, that is neither necessary nor wise. We speak here of your needs being met in every moment, so that you can enjoy your existence in whatever form you choose to exist. That is possible and probable for any dimension in which you choose to reside.

Break free of the restrictions of fear, beloved children. Let your universe and Infinite Source conspire to create this perfection for you!



Chapter 9

Break Free of the Illusions

We have told you, beloved children, that all you behold and experience on Mother Earth is illusory, and therefore subject to change. If there is any theory that we speak of that you would wish to test, it is this. You may test this theory literally at your own peril. If you do not choose to trust what we tell you and instead choose to continue to test this theory, then you will indeed age and die. That is your choice.

You do not wish to suffer, so much we know to be true. However, even if you thoroughly understand and accept the logic of our statements thus far, the idea that you can transcend your earthly existence and heal your being still eludes you as a concept that you can embrace. And yet, all we speak of is true.

How can you break free of these illusions, heal the pain, release your fears, and move to a state of trust and surrender in the Light? Leia and Manalus have produced several publications with our aid that address these very issues, and we urge you to read them for further insight as to how this healing can be accomplished. These publications are useful, and if they are followed with sincerity, much growth and awakening will occur within your being, bringing you closer to the trust and surrender of which we speak. [Chapter 11 of this book contains more information in this regard.] What this publication seeks to accomplish is to take you further into a conscious understanding of how these things are possible. For in the final analysis, it is the human mind that needs convincing that all we say here is actually true.

You know that death exists. You have seen people die and suffered the loss of loved ones. You've been ill. You've aged. And you have seen others do the same. These things your mind can embrace. Therefore, what we tell you here will require trust to believe.

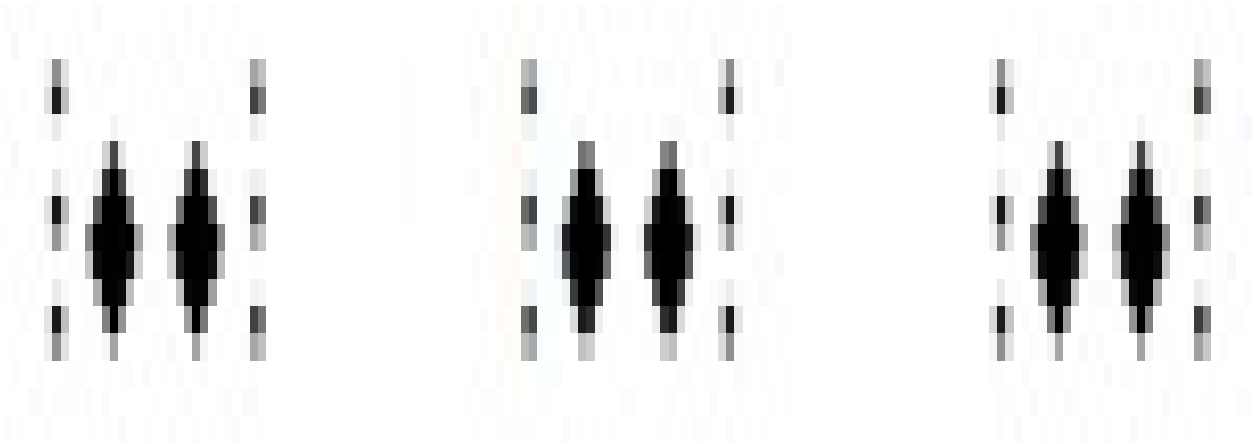
Leia and Manalus have experienced many phenomenal events since they have agreed to open to their Light and allow us to work with them. These phenomenal experiences notwithstanding, it has required a daily discipline for them to continue to trust that all we speak of here can be effective and useful. Your world bombards you with information to the contrary. We ask you to convince your mind to ignore what you observe and believe what you cannot see.

If you follow the basic programs outlined in our previous publications and allow a daily discipline infused with wisdom to develop, you will begin to see the results for yourselves. The proof will become undeniable. You will come to believe all that we say here and allow yourself the healing and transformation that are possible for you now. It can be done, beloved children, it can be done.

The truth is undeniable. You are immortal beings of Light, experiencing life on earth. As you embrace this truth, you will awaken and know this for yourselves. It is hard to believe -- we understand that. We have been human. We have lived, we have aged, and we have died. We are now transmitting these words to Leia at a time when she is concerned about the imminent loss of a member of her own family. She has lost many loved ones to death, and yet they are still with her. They counsel her from the other realms of existence and offer her and Manalus tremendous support from these realms, as do we.

We are telling Leia and Manalus that they will never know aging and death as others around them have experienced this; we ask them to trust us regarding this truth. Leia has already seen great physical changes in her own being and now believes and knows this to be true for her. Those experiences have provided the impetus for her to allow us to work with her on this publication. She reminds us, however, to reiterate that manifesting the possibilities described here will take a great deal of discipline.

You will have to let go of all anger and all fear. This will require mindfulness, in order to monitor your thoughts. Know what you are feeling and thinking in every moment. Understand your motivation in all actions and choices. Allow the Light to flow through your heart with conscious awareness. Listen to that Light, and allow it to guide you in all matters. Above all, trust the Light. Do not be fooled by what you now perceive as reality. There is only one reality: It is the Light.



Chapter 10

Release All Expectations

Beloved children, we have told you many wondrous things in this publication, have we not? While we ask you to believe that all we have shared is true, we also ask you to not hold any expectations within your human mind regarding what we have said here. Trusting our words is very different from holding expectations. Why do we emphasize such difference? It does not make sense to the ego mind, does it? And yet that is what we ask of you.

Even though we have shared carefully calibrated words that can bring you to a new, awakened awareness of existence on Mother Earth, your human mind will wish to come to conclusions regarding such and begin to develop “plans” as to how all of this should evolve. In every instance that you create such plans, your human mind will be incorrect and will form these plans from confusion and ignorance.

No, beloved children, you cannot finish reading this publication and conclude that if you follow all that is recommended here, then you will no longer age and die. You might think that is the conclusion we wish you to come to, but you would be incorrect.

What we wish you to know for a truth that you can trust is that all things are now possible. You open to these possibilities through awakening to your Light within. Yes, beloved children, this and all the publications that have come through Leia and Manalus have been created for one reason only: to help you awaken and surrender to your Light within. As a byproduct of this awakening, you may no longer age and die as you have assumed you would.

If you begin the process of awakening to your Light with the goal that you will no longer age and die, and have expectations that this will be the outcome of the work you do, then it will no longer be the outcome.

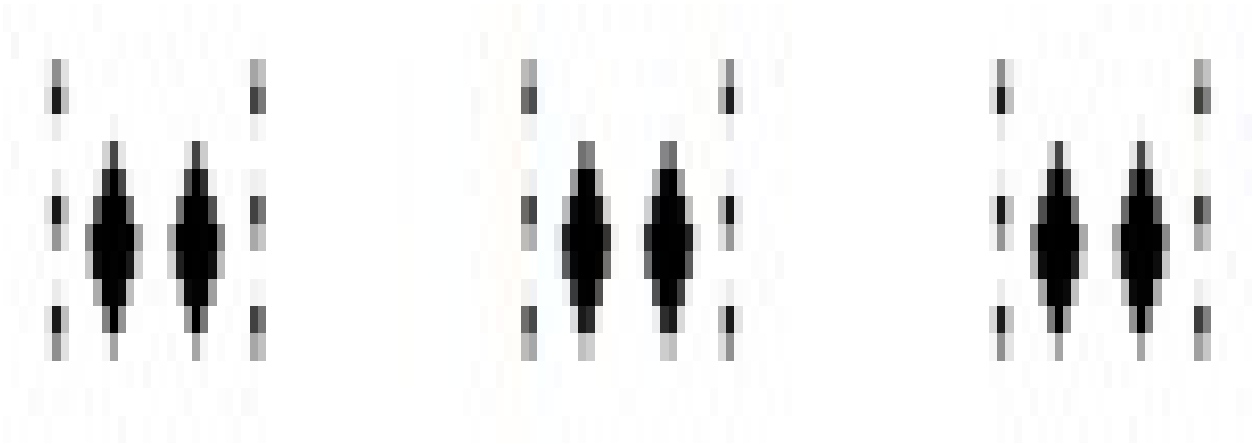
The concepts of aging and dying, which create the most fear in humanity, are illusions. In your process of awakening, you can heal and release these fears and free yourselves so you can awaken to your Light. As with all that you accomplish in the process of awakening, this must be done without expectation of a particular outcome. Why must this be so? Because if you have such thoughts and expectations, then the ego mind has become engaged in the process, and as the mind is clinging to these expectations it manifests them. This gets in the way of your surrendering to the Light and simply allowing it to guide you moment by moment.

Beloved children, your Light has only one agenda: to co-create a loving, nurturing universe in which you can reside. However, when you allow your ego mind to take the reins of co-creation from your Light and you begin to be guided by the expectations of the ego mind, then you actually limit what could be possible. Your Light is omniscient. It is directly connected to the Source of all and everything. It can see in every moment what is needed to co-create the nurturing, loving universe in which you already reside. Your ego mind is not omniscient. It is limited by human impulses and desires, and it will co-create from ignorance, not omniscience, so your outcome will be limited, and no goal that you truly seek can be attained.

How do you surrender to your Light? Leia and Manalus have allowed us to share much information in other publications that describe this process. [The following chapter provides more information in this regard.] The fundamental activity in this process, however, is to open to your Light through meditation. Yes, beloved children, you must still engage in the disciplined practice of sitting and being still. It is crucial to the awakening process. Without this, no growth and awakening are possible.

So, sit and be still, beloved children. Breathe gently and evenly. Invoke the Light to fill the space in which you sit. Then breathe the Light gently and evenly into the wheel of Light at your heart.

In this quiet space you will begin to connect to this omniscient, loving, and nurturing Light that wishes one thing only: to fill your being completely and fully, guide you in all things, and bring you to Light and Life.



Chapter 11

Toward Healing, Growth, and Expansion

By Martin F. Luthke, Ph.D.

For many years -- and lifetimes -- Linda and I have been students and practitioners of applied metaphysics and the healing arts. Over the past eleven years we have been collaborating with each other under the tutelage of the Ascended Masters. Our collaboration has lead to an integrated program of publications and healing modalities that are the topic of this chapter.

What is healing?

Let us first define the term “healing.” On this plane of duality, all life exists between the polar forces of expansion and contraction. Healing is defined as a shift away from a state of contraction toward a state of expansion, from a state of relative disharmony to a state of relative harmony or balance. While a “cure” may be defined simply as the disappearance of a symptom -- you either have a symptom or you don’t -- healing is a matter of degree.

All our bodies -- the physical, emotional, mental, and spiritual -- are in a constant state of flux. The way we think, feel, breathe, speak, move, eat, and so on affects our being in immediate, albeit often subtle ways. The constant flux that characterizes our lives can take us in either of two directions: toward contraction, disharmony, and imbalance or toward expansion, harmony, and balance. In the latter case, healing has occurred.

Why pursue healing?

In our understanding, healing is an integral part of one's journey toward soul growth. The natural "push" of the Light is toward expansion. The universe is constantly expanding and so are we: "As above, so below." Our own Totality [We define Totality as your direct connection to Infinite Source and the sum total of all you have ever been or ever will be.], or higher self, is actively orchestrating our soul growth. If we choose to resist the push toward expansion, we invite pain and suffering into our lives. While this is a legitimate choice, it seems wiser to pursue healing of the blocks that stand in the way of our expansion.

Why pursue healing now?

Mother Earth and all who dwell upon her are waking up from a long period of slumber. [The period of darkness in the history of human consciousness is referred to as Kali Yuga in the Hindu tradition. This age lasted about 26,000 years; we are now at the dawn of a new age.] The frequencies prevalent on this planet and in this part of the universe are accelerating exponentially and at an unprecedented rate. Mother Earth has chosen to move into higher frequencies and higher planes of existence. If you are reading this book, you have chosen to do the same. This moment in the history of consciousness offers a heretofore unknown challenge and promise: the rapid ascension onto higher planes of existence.

If you wish to be part of this experience while still inhabiting a human form, healing is necessary. Your human body and the energy bodies composing it carry the traces of thousands of lifetimes of karmic history. All the fears and scar tissue that have accumulated in our energy bodies through eons of suffering are a hindrance to the free flow of higher-vibrational energies. "You can't take it with you" when you move further into the Light. If you wish to participate in the unstoppable transition into higher consciousness, there is no alternative but an active pursuit of healing.

Our Multidimensional Approach to Healing

For the sake of simplicity, let us assume that human beings are a composite of four bodies: physical, emotional, mental, and spiritual. All our bodies are made up of the same “substance” or energy, which we call “Light.” Distinctions between bodies are only a matter of density or frequency. Healing may occur or be needed on any or all levels, from the physical to the spiritual.

In our work, we prefer to address many areas simultaneously, as they tend to interact with and cross-fertilize one another. For instance, we may perform body-scanning (an intuitive method of perceiving energetic imbalances contributing to physical symptoms) and possibly suggest diagnostic workups or lab tests, such as hair mineral analyses, or blood or saliva tests. Frequently, we refer our clients for chiropractic adjustments. In most cases, we pay attention to the areas of nutrition and diet, and we may recommend, in collaboration with other health-care practitioners, high-quality supplementation to assist in the body’s healing processes. The latter appears particularly essential for those clients who are opening rapidly to their Light and are experiencing heightened stress during the adjustment process.

To address physical symptoms, pain, or other manifestations of energetic imbalances we may offer hands-on healing, such as Reiki, acupressure, massage, reflexology, The Reconnection™, and other energy-balancing methods.

Without exception, all human beings alive at this time could benefit from the healing of their emotional bodies. Emotional issues are often at the root of physical symptoms and, as part of a comprehensive approach to healing, should never be ignored. Our work includes elements of traditional psychotherapy and counseling. However, we specialize in energy-based psychotherapy and healing. Under the guidance of the Ascended Masters, we developed an advanced

approach called Psycho-energetic Healing (more about it below). Occasionally, we may augment this powerful and versatile method with other energy-psychological techniques such as Emotional Freedom Techniques (EFT), Tapas Acupressure Technique (TAT), or Integrated Energy Therapy (IET).

Clients who wish to understand their challenges and growth opportunities from another perspective often benefit greatly from an in-depth astrological consultation, which not only can provide guidance regarding one's path, but can also be very healing. It can help clients to understand their life's design more fully and to reconcile themselves with certain strengths, weaknesses, traits, and challenges they have experienced.

Another source of insight and healing may be channeled information from the Ascended Masters and other beings of Light as well as the client's own Totality. The beings of Light who share their Light in this way would always respect a client's free-will choice. Their intention is to assist clients in opening to their own Light and guidance, not to do the work for them. While we gladly offer this service, clients who request a channeling expecting to be "told what to do" would be disappointed.

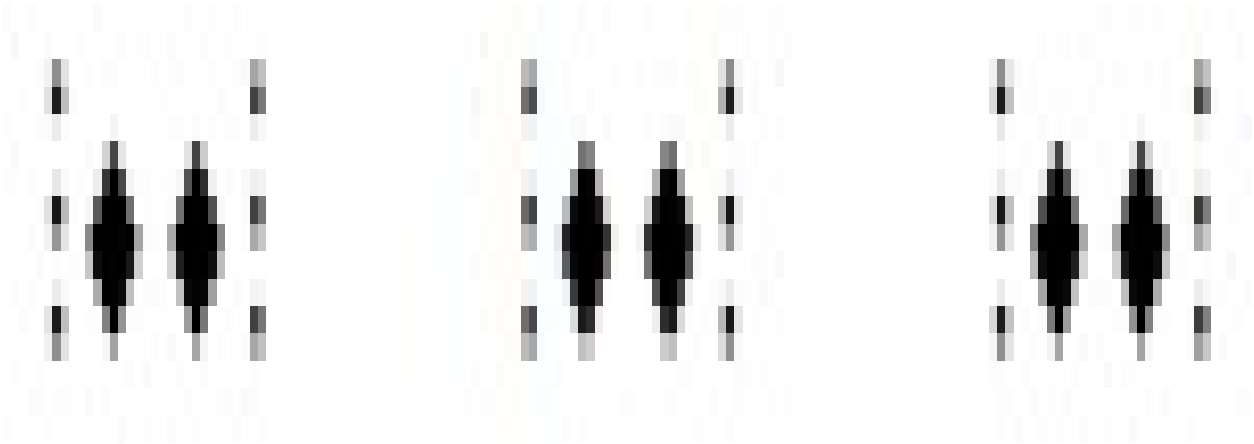
As the Masters stated at the conclusion of the previous chapter, meditation is an indispensable component of any program of healing and spiritual growth. Thus, we teach our clients meditation methods and strongly encourage meditating as an essential part of their quest for healing.

In addition to meditation, we address the mental and spiritual bodies by means of affirmations (more about that below), invocations, and guided visualizations. We also encourage prayer -- if you are so inclined. However, our approach, while deeply spiritual, is nondenominational and not religious in nature.

Last, but not least, we teach what we have learned through our publications, the Ascended Masters Newsletter [The Ascended Masters Newsletter is available free of charge through the Internet. Please click here for information how to subscribe.], workshops, and trainings, as well as “philosophical” discourses and sharing of information while in session with individual clients.

If you would like to work with us on your path toward healing, growth, and expansion, please contact us at expansion@u-r-light.com ; or through our website www.u-r-light.com.

We offer individual sessions and extended healing intensives. For clients who cannot see us in person, we gladly arrange phone sessions. In fact, we have found that most of our work can be done very effectively over the phone. Martin can conduct his sessions also in German. If you’d be interested in hosting a workshop in your area, we would be happy to travel.



Appendix

The Ascended Masters Newsletters

The following pages contain reprints of seven recent issues of the Ascended Masters Newsletter, which we publish periodically via the Internet. [If you wish to subscribe to this free newsletter, please send an e-mail to newsletter-subscribe@u-r-light.com.] They were added to the main body of this book as a bonus. [The newsletters were not edited to the same standards as the main body of the book.] While they contain many of the same ideas as those expressed on the preceding pages, we have found from our own experience that repetition does help in assimilating the new way of thinking that the Masters are proposing. After reading the main body of the book, you may choose to read one newsletter at a time to reinforce your transformation process.

#11: You Are Multi-dimensional Beings of Light - A Brief Message from St. Germain

As you may be aware, we have recently finished a publication -- in collaboration with Leia and Manalus -- called Navigating the Fourth Dimension. You may ask, “What do you mean by this? Do we not have to leave this earth plane to enjoy the fourth dimension?“ Our answer is, no, you do not have to go anywhere. What Leia and Manalus allow us to speak of in this new publication exists right where you are now. You only need to open your sight. Then you can become aware of more than what your third-dimensional vision has allowed you to know so far. There is more, much more than your physical awareness has allowed you to acknowledge to this time. There is much more even than the fourth dimension that we speak of in this latest publication. You are beings of great Light, beloved friends. When you let your human minds become bogged down in the minutiae of your everyday world, you forget how much more you are.

Your whole plane is moving into higher-vibrational frequencies that will make it easier than ever before to access this information regarding yourselves. Hence, the title of this new publication: Navigating the Fourth Dimension. You now have the ability, while you are here on this planet, to access these higher frequencies, indeed even higher ones than those of the fourth dimension. By so doing you can learn and understand all of who you are and how you can become enlightened beings here and now while you walk this plane.

Yes, your Earth is falling into turmoil. There is suffering on all sides. If you focus only on that, however, you forget that you are here to be conduits of Light who can bring in these higher frequencies -- which will ameliorate the effects of the suffering that is occurring on this planet at this time. That is why you have chosen to be alive now, to be here as conduits of Light to aid this planet in moving to higher frequencies.

So, how do you do this? You do this by consciously breathing the Light in every moment. You do this by invoking the Light to fill you and be with you in every moment. You do this by allowing the Light to love you unconditionally in every moment. You do this by making this Light your main focus.

In the moments when you become confused and forget who you are and why you are here, forgive and love yourself with compassion until you can once again assume the mantle of your true nature.

This all sounds very simple, does it not? And it is simple. What is challenging about this is that your ego minds wish you to forget why you are here. These minds are designed to help you stay in the third dimension. That is why you have developed the ego minds. They enjoy the control over you that they have had so far while you have been consumed with third-dimensional matters.

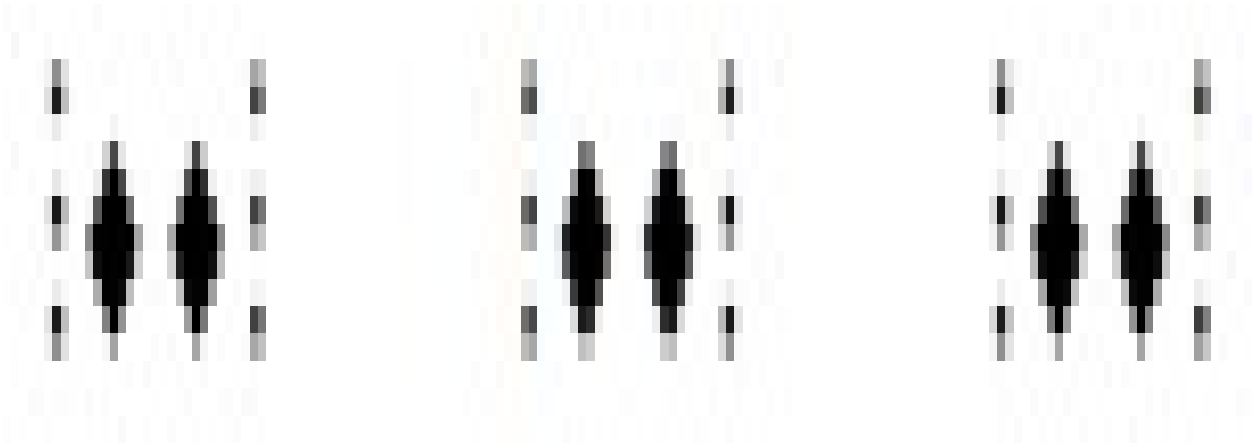
You may say, and rightly so, “But Master, we still reside on the third dimension. Do we not need these minds to help us navigate this world in which we live?” We would answer, yes, you do. We do not ask you to “lose your minds,” so to speak. We ask you to keep all that you are or ever have been. Nothing is wrong or bad about you now. You are perfect as you are in every moment. What we do ask you to do while navigating this third dimension is to know that there is more, much more. There is a fourth, fifth, sixth dimension and so forth.

We ask you to open your heart to your Light and know this to be so. Then be very still and listen to your Light as it guides you into embracing these dimensions with your conscious aware-ness as well. As you open to this awareness you will become enlightened. The veil of confusion will lift from your eyes, and you will know the true nature of your being as a being of Light.

And as such, not only can you walk the third dimension with ease and joy, you

can embrace the higher frequencies and bring them into conscious awareness on this beautiful planet of yours, thereby shifting all and everything to All -- OM.

Let it be so, beloved children. Let your hearts open to your Light. Allow yourselves to be coddled and nurtured by this beneficent Light. Let your Higher Selves hold your human beings within this realm of glorious, luminous Light as you evolve and awaken. Let it be done.



#12: Third vs. Fourth Dimension & Mindfulness vs. Mindlessness

The following channeling was recorded during a workshop based on our book Navigating the Fourth Dimension. As part of the workshop we developed a list of attributes that compares the third and fourth dimensions. We decided to include this list here to give our readers a better understanding of what we mean when we speak of the “fourth dimension.”

Third Dimension	vs.	Fourth Dimension
based on five senses	< >	acknowledges reality beyond the five senses
fear	< >	trust
confusion	< >	clarity and centeredness
lack	< >	abundance
stress	< >	ease
sense of mortality	< >	sense of immortality
powerlessness	< >	empowerment
sense of being a victim	< >	realization of being a co-creator
blaming others	< >	owning responsibility for self
sense of feeling separated	< >	sense of oneness/OM
karma	< >	dharma
chaos	< >	peace
complications	< >	simplicity
addiction/mindlessness	< >	mindfulness
focus on suffering	< >	focus on compassion
limiting expectations	< >	“all things are possible”
sadness	< >	joy
ego-driven	< >	heart-centered

emphasis on problems	< >	seeing the perfection in each moment
painful feelings	< >	harmony and balance
desires	< >	surrenders
control	< >	freedom
anger and hatred	< >	unconditional love
judgment of self and others	< >	acceptance of self and others

Mindfulness or Mindlessness:

The Choice is Yours

Beloved children, realize that you are swimming in the Light of Source, you are swimming in this beneficent energy that is here only to be of service to you, to aid you, to awaken you. That is all that this energy is offering to you -- and that is formidable indeed. It is the unconditionally loving Light of Source filling your hearts. Every breath you take brings this Light into your bodies.

We ask you to focus on the wheel of Light at your heart. Then filter through this wheel of Light a luminous golden-white Light, a violet Light, as well as luminous green, yellow and blue streams of Light. This enhances your ability to listen and connect to what you may call your own Higher Self, the Light of Source as it flows through you. This Light informs your whole human form, constantly and in every moment, not just when you think or speak of it. (No, indeed, if that were the case it would mean that you would be inanimate, not alive at all, until you thought of your Light.)

This Light is happening whether you are thinking of it or not; when you think of it, however, it enhances the power of the Light flowing through you. When you become conscious of it, when you are in an awakened state, this Light that fills you in every moment becomes more powerful than in the previous moment. Beloved children, this is indeed useful information for you to know. Understand that each and every time you think of this Light flowing through you, primarily through the wheel of Light at your heart, this Light becomes more powerful within you. Understand the power of the thoughts you carry at any given time.

How do you ordain the connection to the higher frequencies [i.e., the fourth and higher dimensions] that have been spoken of today? By consciously thinking of this Light as it is flowing through you.

If you fail to do so, you may find yourself suddenly in a very uncomfortable situation and wonder, how did that happen? Well, what happens when you choose to experience situations that are uncomfortable? There are two ways to bring about such situations: One is by not thinking of this Light, by not choosing to be conscious of this Light flowing though you. The other is when you know that you have this Light and consciously choose to ignore it. In the first case, you may just be forgetful; for instance, you may have chosen to “leave your body” (as Leia has called it).

Let us briefly talk about a term that is frequently used in this context: mindfulness. You are practicing mindfulness when you are aware of the Light flowing through you, when you are consciously breathing it, when you are consciously allowing this Light to bring harmony and balance to your life. Conversely, when you forget that you are a being of Light, forget to consciously breathe this Light through your being, you could call that a state of mindlessness.

When you choose to “go out of body” instead of consciously inhabiting your human form it leads to a state of mindlessness. Many humans live their whole lives in this condition and most find it to be an uncomfortable experience.

In the second case, you know you are a being of Light, you know how to breathe this Light through your form, you know how to be mindful and yet you choose to be mindless. You consciously choose to walk away from your Light and behave in a manner in your universe that is disharmonic.

Out of the three states of being we have discussed so far [mindfulness; mindlessness due to forgetfulness; and mindless-ness by choice] we will say to you, the latter is the least comfortable for humans. Why would that be so? The reasons that your human mind can understand are two-fold: One is that when

you become mindful of your Light and practice breathing this Light through your form, and practice a consciousness of balance and harmony, you increase the power of the Light you carry exponentially. The light becomes stronger within you, every thought you think becomes more powerful. If your thoughts are harmonious in nature this powerful Light will radiate this harmony to your universe. Conversely, if you consciously choose not to breathe your light, if you choose to turn away from your Light, any thoughts that are disharmonious will be even more powerfully disharmonious. You then radiate this disharmony into your universe. As a result, you become even more uncomfortable then you may have been before you knew about the Light.

This has been a confusing situation for some humans. They may say, “I have learned about the Light, I have learned how to breathe the Light, and I know how to call in the Light. Because I now know this I have assumed that no more harm would come to me. And yet, it did. The Light has failed me.” We would respond, you chose to ignore the power that you have created within yourself, you chose to stop breathing your light, you chose to become disharmonious. Now your universe has become even more uncomfortable than ever before. Understand the sovereignty that you carry. The Light never abandons you, you chose to abandon your Light. As a result, life becomes uncomfortable.

It is interesting, children, how you can co-create lesson upon lesson upon lesson until you simply surrender and trust that this Light never abandons you, never. It could not possibly abandon you. Even if you shed your human form, you are still Light. It is eternal. It is only the human being who becomes confused, who ignores the power of the Light, who chooses uncomfortable experiences. Understand the sovereignty that you carry.

If the human being is wise enough to know that he has consciously chosen the uncomfortable experience then he may become unwise in the next moment and say, “I forgot to breathe my Light, now I must punish myself for my mistake.” That is indeed the next thing that most human beings choose to do. Rather than to say, I was forgetful in this moment, now I will breathe my Light, they will say,

I was forgetful in that moment, now I must punish myself for my forgetfulness.

We are asking you to understand that this Light never judges you, this Light never punishes you, this Light only knows how to do one thing: It only knows how to love you in every moment. It sees you in this moment as perfection. It has no other way of viewing you. The Light knows that you are made of Light. Your form simply would not exist if there was no Light. You are Light!

The Light only knows how to love you unconditionally, as you are, in this moment. When you open your heart and breathe this Light through your being in every moment, you become harmonious. You understand that this loving Light is nurturing you. You understand that this Light can only exist for your highest good and you understand that if you do not choose to experience this highest good, it is because you have not chosen to awaken to an awareness of this Light. It is really very simple, children. The truth is simple.

You have lived many lifetimes when you have not understood these things. Are you not blessed that in this lifetime you know this?

We have been with Leia and Manalus in conscious communication for lo, these many years and they wonder at our patience [chuckle]. From the very beginning of our communications with them they have heard these words, they have heard these words expressed to them in many different ways. And they will tell you it has taken them a great deal of time and effort to understand these words and apply this information. So we ask you, beloved children, to be patient with your process as you open to your Light. When you do open your hearts to feel this Light flow through you, you will understand, with an innate understanding, all the information that has been offered to you. It is a process, however.

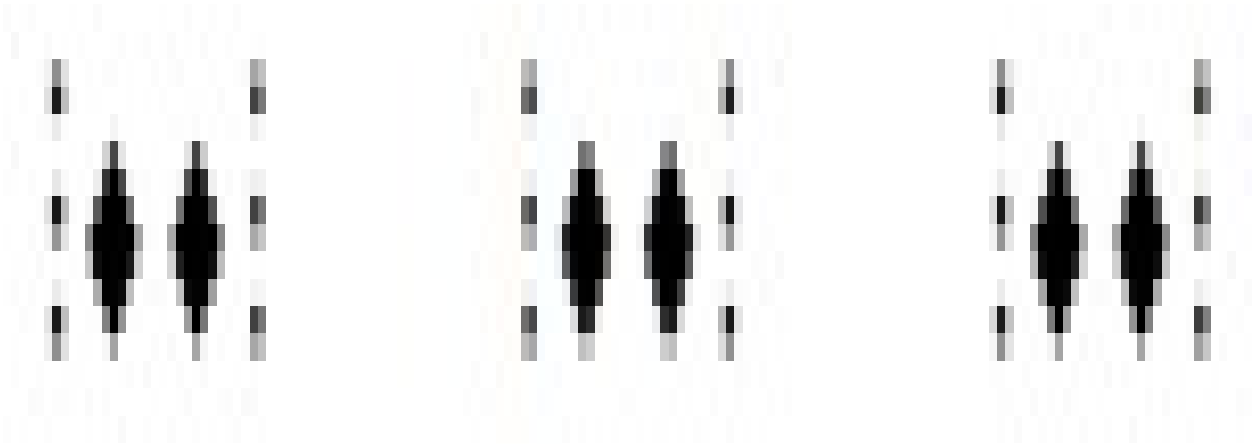
The process is now moving more swiftly than ever before and it will continue to

accelerate. As you are beginning to understand, your whole Earth plane is increasing its frequency. Thus, all that occurs here will occur more rapidly than ever before, including this process.

We continue to ask you to be kind to yourselves as you move through this process. We encourage you to let go of the need to punish yourselves when you forget; instead, simply acknowledge, “I have forgotten.” Now, how do you know that you have forgotten? You will be uncomfortable. That is how your being is telling you that you have forgotten to breathe your Light. If you are uncomfortable, that is the reason. At that point you can go within and understand that your becoming uncomfortable was perfect in that moment. It showed you that there is a place within you that is not allowing the Light to flow.

Uncomfortable moments in your life tell you there is discomfort within you. You have not made a mistake when you do not allow the Light to flow through you. You have simply offered yourself an opportunity to see where the Light may be blocked within you and where you wish to heal, transmute, and transform the energies of that place within. Then the Light may flow through you in an unencumbered fashion once again.

Be kind to yourselves as you move through this process. All can be accomplished. Be patient, be kind, listen to the wisdom of your hearts. You will receive the guidance that you need that can help you to continue to awaken to your Light. Do you understand?



#13 & #14: Questions and Answers

The following is Part Two of the material recorded at the workshop on Navigating the Fourth Dimension.

Beloved children, understand -- as Leia and Manalus have said -- we are with you always. There is never a moment that we are not by your side. But at this moment you have the opportunity to avail yourselves of conscious communication with us and we are most delighted and grateful to be of service to you at this time.

Martin: “Are there any questions? Feel free to just share what is on your mind.”

Question from J.: “I would like to know if there is any advice for me to move into a job that is more joyful for me -- to be more in line with my passion -- although I’m not even quite sure what that is?”

Masters: We would always encourage human beings to do whatever makes their heart sing. If you choose a task to earn your keep we would encourage you always to find something that makes your heart sing. Then you will understand, on a deeper level, the concept of abundance. We have found with most of humanity that it has chosen jobs based on fear of lack.

Before making any movement whatsoever we encourage you to go within, listen within your heart, ask your heart and your Light: What is my motivation, why am I choosing a certain act, a certain movement? If your heart says, you are motivated by fear, open to the fear and ask your heart and your Light for further

guidance how you can heal the fear and transmute and transform its energies.

The fourth dimension is a place of freedom from fear. Movement without fear is a hallmark of the new frequency. Make manifest in your universe whatever you choose to experience out of freedom from fear. The abundance will come, beloved children, because you will be doing work that makes your heart sing. That is the hallmark that will tell you whether your work is in line with your Light. If your heart sings you are in the flow of the Light of Source and this flow can only bring you abundance. Do you understand? Does that provide you the clarity you seek, beloved child?

J.: “I believe so. I can begin to go within now. Thank you.”

Question from L.: “When we forget the Light… We forget to carry the Light and to live from the Light… And when we realize that… To help us to not punish ourselves, would being dispassionate be a good approach? [Martin interjects: ‘Compassionate!’] Compassionate but dispassionate too, in other words, not embroiled in our emotions?”

Masters: It is never useful to ignore ones emotions, beloved daughter. Your emotions are telling you, child, that there are places of disharmony in your being. An act of compassion would be to love everything about yourself as you are and to ask the Light to come to the places of disharmony and imbalance in your emotional body, and aid you in the healing of such. Being vigilant to what you are feeling in any given moment is a most useful thing to do -- most useful, indeed.

Sit with your Light, breathe your Light, feel your pain, ask for help, ask for guidance, love yourself through your pain. As you do such a thing, loving yourself as you are in that moment, as you are feeling your discomfort, is an act

of compassion. After you have afforded yourself the opportunity to feel what you wish to heal, then you are free to move with wisdom. Do you understand?

L.: “Yes, yes I do.”

Question from G.: “I have two children. In being the mother… part of that responsibility I think what we feel as parents, as a mother, is a desire to give guidance. And knowing what I’ve learned is hard to pass on without not judgment so much -- I’ve learned to not judge them, they have their own Lights that they need to explore -- but sharing with them… What is the best way of doing that?”

Masters: [Chuckle.] Leia has had much experience in this regard, as has Manalus. Leia, of course, wished to share with a greater part of humanity what she was learning as she was learning it -- and much to her dismay, most of humanity simply wasn’t interested. [Chuckle.]

Understand, beloved children, each human being is sovereign on his or her journey. Each human being has a perfect path to follow, and it is incumbent upon you as a being of Light to honor another’s path. You are not here to fix anyone; no one is broken. Each one is perfect as he or she is at that moment. It is useful to acknowledge this first and foremost.

But as a mother you have a very special task at hand, do you not? What we have encouraged mothers to understand is that the most profound energetic connection between any two human beings is the one between mother and child. That is the strongest link on your human plane. This would only make sense given that your children have come through your womb, shared your chakra energy, and are profoundly connected to you on many levels, energetically, emotionally, and physically. Still, they have come through you, they are not of

you. You understand the difference, of course.

It is also important for you to remember to honor the paths of your children. They are unique beings of Light, perfect as they are. That is often difficult for a mother to believe -- but it is true. So, we would ask you, rather than speaking to them -- for children listen with closed ears -- it may be wiser in your moments of meditation to draw these children to you, focus upon them, and simply invoke the Light.

As we have spoken earlier, there is nothing more to do than to invoke the Light for your children. Call to the Light. Why do we encourage this? Because you live on a plane of free-will choice. We cannot come to you unbidden. You must ask for us. When you do, we are most eager to come. This invocation of Light for your children, this blessing of Light, is the most profound and powerful thing that a mother can do.

Do the work on the higher planes, speak little, invoke as frequently as possible. Then your children may come to you and ask a question. Of course, you do this invocation without expectation, for expectations will limit what is possible. Simply invoke the Light, speak little, but invoke frequently. Again, without expectation. Know that your invocation of Light for your beloved children is the most profound act you can do for them.

If you are living in harmony and balance in the center of your universe, you will attract your children to you and they will begin to seek your wisdom in time. Leia has found that there is a phenomenon: The older her children get, the wiser she becomes. [Laughter.] She has found that to be amusing. -- Do you understand, darling?

Question from P.: “I do have a question. I’d like some clarity on a point. I’ve

chosen to do healing work because it does make my heart sing. Sometimes the long list of people who need healing seems to be somewhat overwhelming after spending 40+ hours a week working and then to come home -- it is a bit much some days, sometimes just spending some time connecting with the Light and just envisioning it going out from me to whoever needs it, I will do that. I guess I would just like some clarity of where do I find a balance point between maintaining my caring and my compassion for those that I pray for and maintaining some sanity in my life of having it be a manageable affair."

Masters: Who are you to these people, beloved son, that you must invoke Light for their healing that you believe they need?

P.: "Sometimes they are students, sometimes they are just friends, they could be…"

Masters: Who are you to these people, not who are they to you. Who are you to them? What is your first thought, child?

P.: "Friend."

Masters: And as a friend you wish to be caring and compassionate, is that correct? Who are you to yourself?

P.: "Hmm, sometimes a friend, more often a slave driver." [Laughter. – Martin: "Who needs enemies if you have friends like that?" Laughter.]

Masters: Understand, beloved son, if you are in the center of your universe as a sovereign being of Light, you may wish to sit therein and ask yourself, “Why have I drawn all these people to me who need my help?” And what does your heart tell you, child?

P.: “That they are hungry for the Light.”

Masters: Why have you drawn them to you? What is the answer inside you? “Why have I drawn all of these people to me who need my help? What is it that I am feeling in myself that I think I must receive from these people?”

P.: “Hmm…“

Masters: Do you enjoy being needed?

P.: “Yes.”

Masters: Now, we do not tell you to stop being compassionate in the face of suffering. We do ask you to consider the definition of compassion, however. It is a state of being, not doing. Leia and Manalus help other people, and at times they wonder if they have forgotten first and foremost to help themselves -- and they have. It is very gratifying to one’s ego to know that other people think they need you in order to be well. You think you are being solicitous in wanting to help them but, in truth, you are satisfying an ego need within yourself. It is nice to know that others think you can help them, is it not, beloved son?

P.: “Yes. But going beyond that ego… we can actually by invoking we can bring more Light onto the Earth plane. So, where do we find that balance point between letting go of our ego and just being here for service.”

Masters: You are not here for service. You are here to awaken to your Light. If in the act of awakening to your Light you aid another, so be it. Your vocation, beloved son, is to open to your Light. Everything else you do is simply everything else you do. Rather than praying for others you could, for instance, be one who simply works with wood and builds things. If in every moment that you were working with wood, you are breathing your Light and invoking OM in each breath, you are doing the work. If you were calling to the Light with each movement, in all the work you do all day long at what you call your other job, breathing the Light in every moment, than you would understand that what you do at your other job matters little.

What you call your work or your job matters little, beloved son. The first job that you have agreed to do in this lifetime is to open your heart and breathe your Light. That is the most important thing you do in every moment. Do it in every moment. Then you will have no question as to whether you have helped another human being. Yes, you may sit and ask for blessings, you may say: “I ask the Light to aid those who are in need.” And you will have done what needs to be done in one simple statement.

Leia and Manalus sometimes receive phone calls from someone who says, “I felt your Light at a very crucial moment.” It is gratifying to them -- but 90 % of the time Leia or Manalus did not even know they were sending Light to that person or were somehow connecting to them. It can be a dream, it can be a vision, it can be a sensation. Leia is very often amazed when this information comes to her because she does not even know with her conscious mind that she has done anything.

You do not need to know with your conscious mind; your ego simply wishes the

gratification of knowing. In that case you have forgotten who you are. Breathe your Light, beloved son, when you work at whatever job you work at, and know that you are doing the most important work that you can do. Do you understand?

P.: “Yes, thank you. That was most helpful.”

Masters: We are most grateful, beloved son, as always, to be of service to you.

Question from L.: “I’ve had the experience of somebody telling me that they are not feeling well and I say to them, well, I’ll send you some Light. Then I hang up the phone and I get busy and I haven’t actually sat down and put my hands up to send the Light but I get a call from them, and they say, ‘Oh, thank you so much, it helped!’ And I think, ok… But when I asked about that [going within] what I received was that just the intention of sending the Light was all that it took.”

Masters: As such, beloved daughter, the mere thought.

L.: And so, from the question that P. had asked you and the answer that you gave, I guess, what I’m wondering is, do we overburden ourselves thinking that we have so much to do to help other people when all we have to do is intend to send them Light and love and they can then receive it and be blessed in whatever way they are willing to receive?”

Masters: In truth, child, it is so. The Light is not work! It is not work. We have said to Leia and Manalus: ‘You do not work.’ They have disagreed with us [laughter]. But this is what we have said to them.

P.: “I’m thinking of Jesus and the reports of the healings that he did and sometimes it was someone simply just touching the hem of his garment and so they received the healing because they believed.”

Masters: It is an interactive thing. All is OM, all is One. The one you called Jesus carried the Light of the Christos. You all carry this Light, children. If you believe that you are radiating this Light, which in truth you do with each breath you take, all those who come in proximity to you will feel better. Unless they choose otherwise.

Martin: “And you may touch the legs of my jeans if you wish, it will make you feel better…” [Laughter.]

P.: “Don’t hold your breath…” [Laughter.]

Question from G.: “Is there anything particular that I need to do since I am at the beginning of this -- either, you know, just practice going in the Light or is there something more I need to do?”

Masters: Would you be willing to sit and be still in this moment, child, and simply breathe the Light through your heart, and ask your own totality what else there is that I must do? What is this Light asking you to do?

G.: “It is going so fast, I can’t…”

Martin: “Ask it to slow down. Breathe in, let the first thought come to you without editing.”

G.: “It said, dream, whatever that means.”

Masters: Ask for more clarity, child. What is your heart and your Light telling you, beloved daughter? -- What is your first thought that comes to your conscious mind?

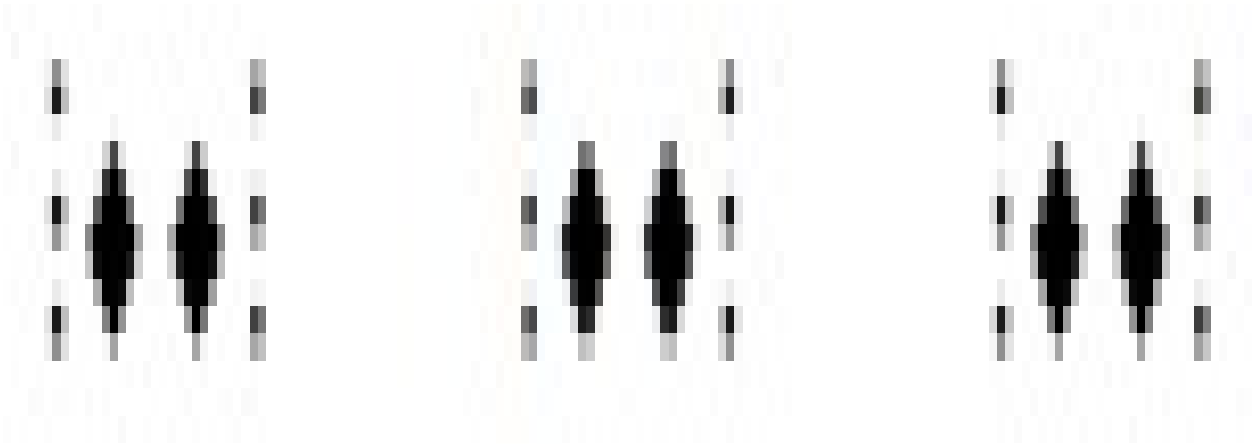
G.: “Something like saying, follow your dreams, listen, slow down and listen -- and I don’t think I have been… So I guess that’s what I need to do.”

Masters: Listen to your heart, listen to your Light. It will guide you, beloved child. It simply wishes you to sit and be still. Open to it and allow you to tell you what is in your highest good in every moment. Practice this skill, you will know.

G.: “Thank you.”

[…]

We thank you, beloved children, once again for asking us to be with you, for invoking the beings of Light. Understand, there are many who are with us [on the higher planes] and wish to be with you at this time. We honor you all as great beings of Light. Please allow your hearts to be open to receiving this loving energy and allowing it to fill your forms at this time. Many blessings to you all.



#15: Chakras and Dimensions

As you know, beloved children, there are different planes of existence -- which you have also called other dimensions -- that are distinguished by different vibrational frequencies. Leia and Manalus have co-written a new publication with our aid entitled Navigating the Fourth Dimension that describes in greater detail how one may access this particular dimension and others, and we heartily recommend that you peruse this publication if you wish further information in this regard.

What has been asked of us at this time, however, is to aid you in understanding how these different dimensions are connected to the wheels of Light, or chakras, that are attached to your human forms.

These wheels of Light connect you directly to the Light, and as such allow you to carry Light within a human form so that you may exist as a living being on your Earth. Without this Light flowing through you, you would cease to be alive on Earth.

The seven major chakras are located along the spine, and radiate throughout your form from back to front of your human being. The eighth chakra is located above the head. The different dimensions of vibrational frequency and chakras correspond as follows:

First Chakra: Located at the tip of the spine and called root chakra. This chakra anchors the human force field into the third dimension and gross material plane. It is an essential connection to keep the human form present, healthy, and awake on the Earth plane. Mother Earth can then

nurture the human form fully as she nurtures all that exists in this beautiful creation.

Second Chakra: Located in the vicinity of the naval. This chakra anchors the energies involved in procreation and co-creation on the level of the third dimension. If you do not have this chakra fully activated, then you cannot take the inspiration that comes to you from Source and co-create and manifest it into the third dimension. You have taken human form in order to co-create and manifest. When you do not choose to honor these energies in your human being, then you limit the flow of Light throughout your being, losing vitality and life force in the process.

Third Chakra: Located in the solar plexus, between the naval and the tip of the sternum. This is the chakra that connects you to your karmic patterns that you will choose to activate in this embodiment. All karma is derived from emotions that you have experienced in this and other embodiments. The memory of all these emotions is stored in this region of your human form. If there has been an emotional trauma in another embodiment that you have not yet healed, the memory of this will continue to reside primarily in this region of your form from lifetime to lifetime -- until you choose to achieve resolution and healing in the Light for all time and space. Karmic patterns are derived from the desire to resolve and heal these experiences and are carried from one lifetime to another until such is accomplished. You will also have joyful emotions stored here as well that you carry from one embodiment to another. Resolution and healing of karma allows one easier access to the other dimensions while still in human form.

The first, second, and third chakras are most closely related to the third dimension and allow one to be anchored into Mother Earth as a vital, living being.

Fourth Chakra: Located in the vicinity of the heart. The heart chakra

expresses dharma rather than karma. It allows one to radiate unconditionally loving Light to all of creation. The heart chakra is the seat of compassion and the primary connection to the fourth dimension. It expresses altruistic love and Light without judgment or emotional attachment when it is fully activated and healed within the human being. This healing will most likely come from accessing issues stored in various areas of the human form, such as the third chakra, and then opening oneself to the healing Light available in the fourth chakra.

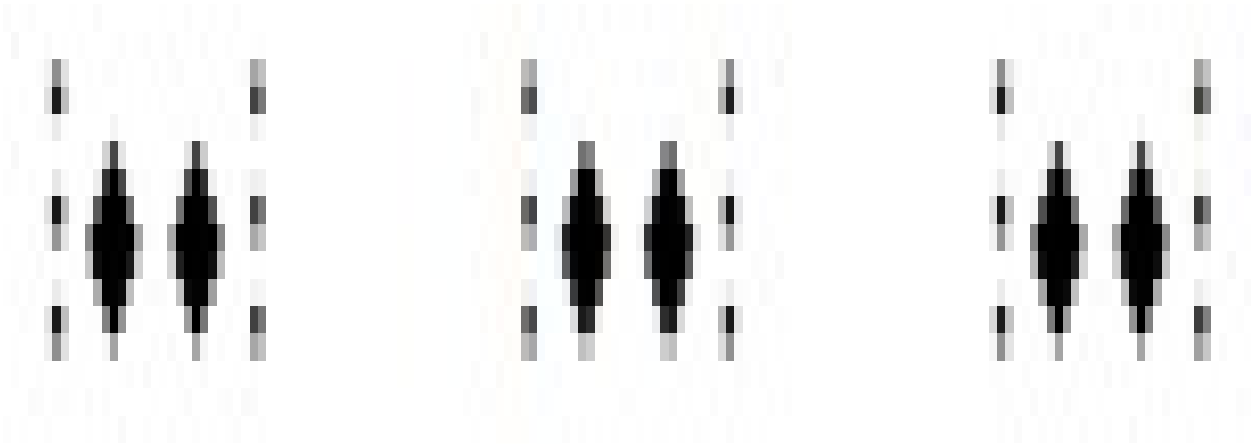
Fifth Chakra: Located at the throat near the Adam's apple. Once fully activated and healed, this chakra allows one to access discernment without judgment and the wisdom of higher consciousness. These are attributes of the fifth dimension. This chakra allows one to function without effort on the third, fourth, or fifth planes.

Sixth Chakra: Located between and above the eyebrows, this chakra is often called the "third eye." This chakra facilitates the penetration of ancient wisdom and the mysteries of creation. The sixth chakra allows one access to the core memory system that governs all the universes and enables one to see beyond the physical reality of the third dimension with greater comprehension. These attributes are available as one accesses the sixth dimension.

Seventh Chakra: Located on the top of the head, this chakra is often called the "crown chakra." This chakra allows one to connect directly to the Supreme or Divine Source. This is the main attribute of the seventh dimension.

Eighth Chakra: Located above the top of the head. It connects the human form to the eighth dimension and the plane of OM. This is the plane of the First Cause and the ultimate force behind creation. It is the seat of what began the beginning. It is Alpha and Omega.

All but the three highest planes are illusory.



#16: The Issue of Abundance And the Needs of the Planet

It has come to Leia's and Manalus' attention that a new portal of Light has opened and very rapid shifts of consciousness will be available at this time for those who choose to open to such.

We are most grateful for this opportunity to speak with you about the meaning these shifts can have in individual lives. Be aware, however, that although we speak of individuals, the collective consciousness of your globe will be dramatically affected by each being who is choosing to open to this new consciousness.

Although this consciousness has been called "new," it is actually a way of being that is eternal or timeless. It will simply appear to be a new way of being to all who dwell on your planet at this time.

So, what do we speak of? It is a time for letting go, beloved children. All that you have been grasping as important in your lives, all that you believe provides you with security and keeps you safe from harm, in actuality does not keep you safe nor provides you with security.

You believe that the world as you have created it must be preserved at all cost. You believe that you have only one real source of security in this world, and that are the worldly possessions that you have struggled so hard to attain. You believe that without all of these things, you will suffer terribly. We are here to tell you that the new world in which you will find yourself in fairly short order will have no such security to which you can attach your being.

Beloved children, you are moving very rapidly into a world that will ask you to let go of all the belief systems that have held you captive and caused you to try to preserve your world as it exists now. You will let go -- because you must. In your more rational moments you realize that what we speak is true. The [North-American] lifestyle that you currently embrace and value is more comfortable than that of the majority of humanity and will have to be changed. If humanity is to allow movement to new dimensions that offer balance and harmony for one and all change is inevitable.

How can you sit within your homes, drive your vehicles at whim and enjoy the lifestyles that lead you to believe that you are secure when you know that most human beings will never know a comparable life of luxury? How can you believe that you should have more riches than the majority of human beings that dwell on this plane? And how can you believe that these riches will be the source of your security?

We have talked with Leia and Manalus extensively about the concept of abundance. We have shared with them that if they open to their Light and allow a conscious awareness of the Light to fill their beings and guide their movement, then they will be in the flow of abundance from Infinite Source. Their needs will be met and they will be cared for by the Light. That is the natural order of all of creation.

As you observe nature -- as long as it has not been dominated by the ego mind -- you see that the needs of all living things are met with ease, in harmony and balance. We have assured Leia and Manalus that this is true for them as well. We have asked them to penetrate their fears of lack, transmute and transform them, and open to abundance in their lives. We have also cautioned them to do so without expectation or specific requests as to how this abundance should manifest. We have asked them to simply trust the Light and know this to be so.

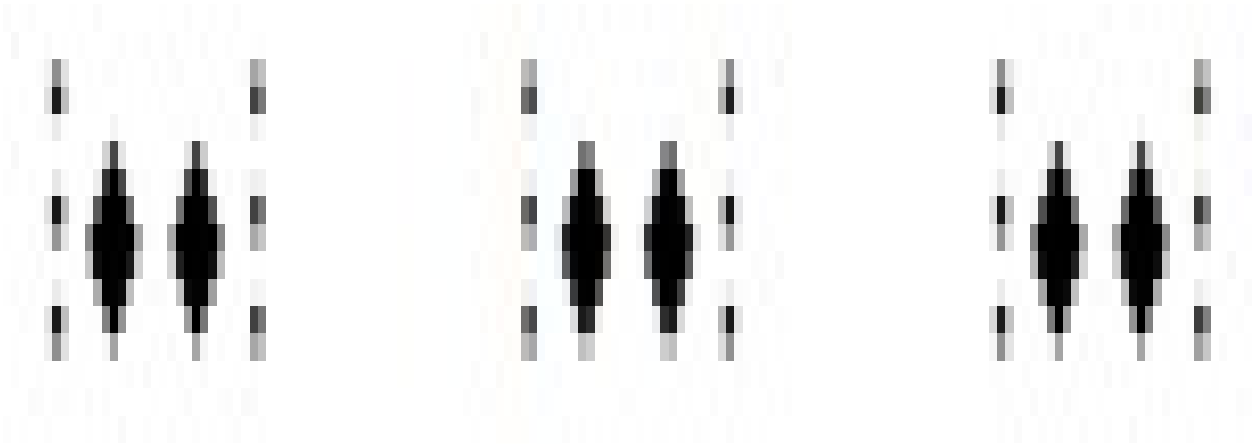
The new consciousness that is entering your planet at this time is a

consciousness that can aid you in understanding, trusting, and accepting the nature of abundance. It is the expression of a loving, nurturing Light that fills your being -- if you allow it -- and assures you that you are cared for in every moment. The Light is unconditionally loving, and when you allow yourself an awareness of such, it can and will care for you.

However, this Light is not an energy designed to fill your bank account or support any other inclinations that will expand the number of your possessions. You are not here to take more from Mother Earth than is your due -- only enough to meet your needs and keep you nurtured and cared for on this planet. The rest that you do not truly need will fall away. It must -- for the sake of balance, harmony, and the well-being of Mother Earth.

You may think that this sounds like a rather harsh dissertation. In response, let us ask you this: Are you desirous of the Light filling you and leading you to balance, harmony, and well-being? If so, then understand that you cannot be in balance and harmony with all and everything if you do not also acknowledge the needs of the planet that is nurturing and caring for you to be in balance and harmony as well. Your form is made up of the fruits of Mother Earth. If you take more than you need in order to feel secure on Mother Earth, how can you live on this planet in balance and harmony? You cannot. If the planet is depleted and imbalanced, how can it care for you? In that case, would that not be a reason to feel insecure even if you had great sums in your bank account?

You must consider the planet, beloved friends, as you open to your Light. The energies available now are designed to encourage you to open your eyes and love the beautiful planet on which you reside. And let this planet love you in return. The Earth is composed of Light also. Everything is Light. You must live in harmony and balance with this planet. You are waking up now. As you awaken, this planet is awakening also. Allow this awareness to arise within you. Then you will be in the flow of the great change that is occurring now. All will be in abundance in the Light. So be it.



#17: Illusion and Reality

Many human beings desire to trust the Light but fear that what they are being asked to trust cannot actually be comprehended and known by the human mind. How can you trust what you cannot comprehend? Is this Light an illusion or reality?

First, we would ask you, beloved children, why is it useful to trust the Light? (If the term “Light” is not acceptable, you may substitute this term for any that includes the concept of Infinite Source, Source of All and Everything, God, Buddha, Brahma, Allah, Christ, or any combination thereof that resonates with your being. For the sake of this discourse, however, we will continue to use “Light” as an easy way of designating the concept underlying the terms listed above.)

So, why is it useful to trust the Light? Because, in truth, everything you are, have been or ever will be is of this Light. All that you behold, touch, or feel comes from this Light. Nothing in your universe exists without this Light. Would it not be useful to trust that which has created and is all that you behold in your Universe?

Not only has it created all you experience, the Light has wondrous properties that continuously nurture you and love you unconditionally in every moment. The Light has loved you eternally and will continue to love you and nurture you through all eternity. That is the full extent of the Light’s powers. And that is formidable indeed.

You may say in return that this is an interesting premise, and you would truly

like to believe that all we have described regarding the Light is so, but you've lived on this Earth long enough to know that you have not felt nurtured and loved unconditionally by anyone or anything in all your life. Therefore, how can one believe, nor less trust, that this Light loves anyone or anything in such a manner? Besides, what you call the Light has been written about in many sacred texts and scriptures, albeit by a different name, and it does not appear to have the properties listed above.

Beloved children, we ask you to let go of the history you have read and heard regarding the religion or deity of your choice and instead, if you would, focus on the natural world you can observe with your senses. What do you behold? Where you are currently residing, it is the season when Earth bears it's most glorious fruit, is it not? Observe also the children you see about you. Are they not part of the fruit that comes from Mother Earth? Did not their bodies come into existence because of the bounty of Mother Earth? Look at your hand, your arm, your body. Did it not also come from this bounty? How was all this formed?

With your inner vision see the energy that flows through all these natural wonders. Is this not the same energy that flows through your body as well? When you were born and your body was completed, what gave you life and animation? It is the same energy that flows through you and all you behold. It is the Light of Source. Where did it come from? From Infinite Source.

Do you see this Light trying to destroy or harm the bounty that is growing on your beautiful Earth at this time, or is the Light endeavoring to nurture and sustain growth in all its forms? Could you include your being as a form that is worthy of the same nurturance and sustenance? You see, beloved children, the Light only knows how to nurture you and love you. It cannot do otherwise.

You may ask then where the suffering has come from in your life. Suffering is something you have co-created from the center of your universe. In most cases, it is a karmic agreement that you have made and carried through into this

embodiment. This has allowed you to balance your karma and move on to greater growth and awakening -- if you choose to do so! Because the Light only knows how to love you, it can only respond and honor what you request to experience. Thus, if you've chosen suffering, that is what you will experience.

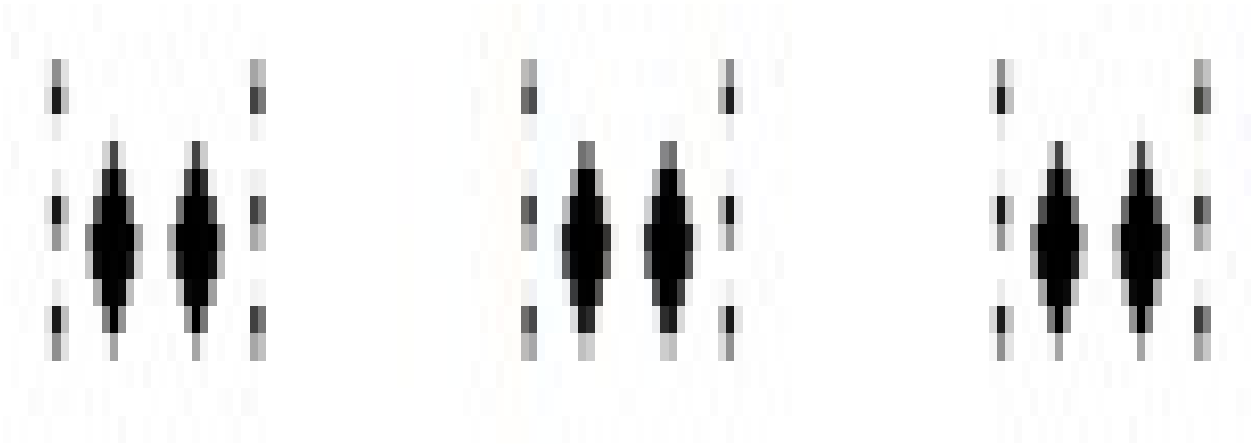
You would most likely say you have no idea how you have created your suffering; you may still wish to feel you have been a victim. Indeed, you have been a victim of your own suffering.

Let us take an example, if we may. Let us choose an unpleasant relationship where you would wish to see change in a partner, friend, parent, or child with whom you are connected. This person has affected your life in unpleasant ways, and you want this person to get better and change so you can be happy.

Now, we would ask you to sit in the center of your universe as a sovereign being of Light -- which in truth, you are -- and ask this sovereign being why you have chosen to draw this person into your universe and have such an unpleasant experience of this person. In every case, you will hear this answer: Because you wished to experience soul growth and awaken further to your own Light. So, in truth this has been a successful relationship for you because you are endeavoring to awaken to your Light, are you not?

How, then, would you wish to awaken to your Light? There is an alternative to the path of suffering. Trust your Light. It is only bringing you growth and soul awakening. Ask this Light to help you to awaken to the true nature of all reality -- that all is Light, including the person with whom you are having an unpleasant relationship. Open your heart to receive the unconditional love from this Light and know that no matter how you or anyone else behaves in your universe, you are loved unconditionally by this Light.

Then radiate this Light through your heart to everyone and everything in your universe, even the person with whom you are having difficulties, and watch your life change. When you are radiating this loving Light through your heart you will no longer suffer. You cannot. The Light can only give you a sense of being nurtured and loved just as you observe it in all the bountiful nature that surrounds you. You can trust that this is so for all eternity. Try this, beloved children, and you will see that this is so. This is reality.



Introduction to Psychoenergetic Healing

If you are interested in doing the work of personal transformation and healing suggested throughout this book, you may be interested in an innovative form of therapy we have called Psychoenergetic Healing.

Searching for Better Ways

Can you imagine the practice of medicine before the invention of X-ray machines or microscopes? Would you want to refer someone to a doctor who refuses to consider anything that is not visible to the naked eye? The field of psychotherapy, as it is taught in graduate school today, can be likened to the practice of medicine based on a 19th-century view of the world. While there are many fine, traditionally-trained psychotherapists out there, psychotherapy is still very much a “hit or miss” endeavor.

We propose that the practice of psychotherapy (and healing in general) cannot advance significantly without a shift in paradigm, i.e., a fundamental reorientation. Within the established paradigm there is no convincing explanation for phenomena such as the placebo effect, “spontaneous” remissions, psychosomatic illnesses, “miracle cures,” healing through prayer or touch, etc. As long as the premises of the healing arts are based on a material or mental - rather than energetic - understanding of reality, their efforts resemble attempts to assemble a million-piece puzzle without an idea of the larger picture. In the final analysis, scientific “progress” based on a misunderstanding is like getting better at “barking up the wrong tree.”

Psychoenergetic Healing is based on a “new” paradigm that is compatible with

ancient wisdom teachings as well as modern sciences. Leading-edge physicists have now come to insights similar to those of ancient mystics: All there is, all matter and all of Creation, is “patterned” energy, vibrating to specific frequencies that distinguish one manifestation of energy from another.

What is Psychoenergetic Healing?

All psychological manifestations, such as thoughts, feelings, and behavior patterns, are also “patterned” energy. Effective psychological healing, regardless of the method or technique, occurs when there is a change in the basic energies that charge our feelings, thoughts, memories and habits. While all psychotherapeutic methods are intended to produce such healing, most do not target the energetic level directly.

Psychoenergetic Healing takes into account the fact that human beings are not only physical, emotional, and mental beings, but also, and most essentially, spiritual beings. This truth is not a mere statement of faith; it can be experienced in a direct, tangible manner. No matter what names or interpretations we prefer, a spiritual, healing energy, or Light, can be accessed by all human beings regardless of our belief systems and can be utilized effectively for healing on all levels.

The practitioner of Psychoenergetic Healing uses a variety of techniques that affect the mental and emotional energies on a fundamental level, thus going directly to the source of the individual’s discomfort. While going to the core of the matter may be a frightening thought to many, it is actually a very healing, safe, efficient, and effective method that does not require the unbuffered reliving of traumatic memories or painful feelings.

What Happens in a Typical Session?

What happens in a session is very much guided by the individual's issues and needs, making each session a unique experience. Most sessions include elements of traditional "talking therapy," expanded upon with work performed in an altered state of consciousness we call "Inner Space" where the client can experience the richness of his or her multidimensional nature. Facilitated by the therapist, the client achieves a heightened state of consciousness in which he or she may become aware of colors, images, thoughts, memories, feelings, or physical sensations, such as pain, heat, weight, etc. The range of experiences in Inner Space is virtually unlimited and may include an awareness of past lives, other dimensions, the presence of beings of Light, and more.

While each client has a different experience, all are able to perceive the flow of energies within. These inner perceptions then guide the course of the healing work. Using what could be called a "psychological X-ray technique," the client can become aware of the core issue and then observe the process of healing on an energetic level as it is occurring. Although getting in touch with painful feelings or experiences may cause some temporary discomfort, an energetic shift and tangible relief can often be felt within minutes. Because the client has control over his or her Inner Space and all therapeutic interventions are guided by the client's inner perceptions, this approach to healing is experienced as empowering and safe.

Who Can Benefit From Psychoenergetic Healing?

Our experience has shown that Psychoenergetic Healing can be an effective approach regardless of the presenting problem, as all thoughts, memories, feelings, and habits exist as "patterned" energies and can be treated as such. Psychoenergetic Healing has been successfully applied to a wide variety of issues, including anger, fear, depression, addictions, sexual issues, co-dependency, low self-esteem, traumatic experiences, psychosomatic illnesses, pain, grieving and loss, etc. Clients of all ages, including children and adolescents, have benefited greatly from Psychoenergetic Healing, regardless of

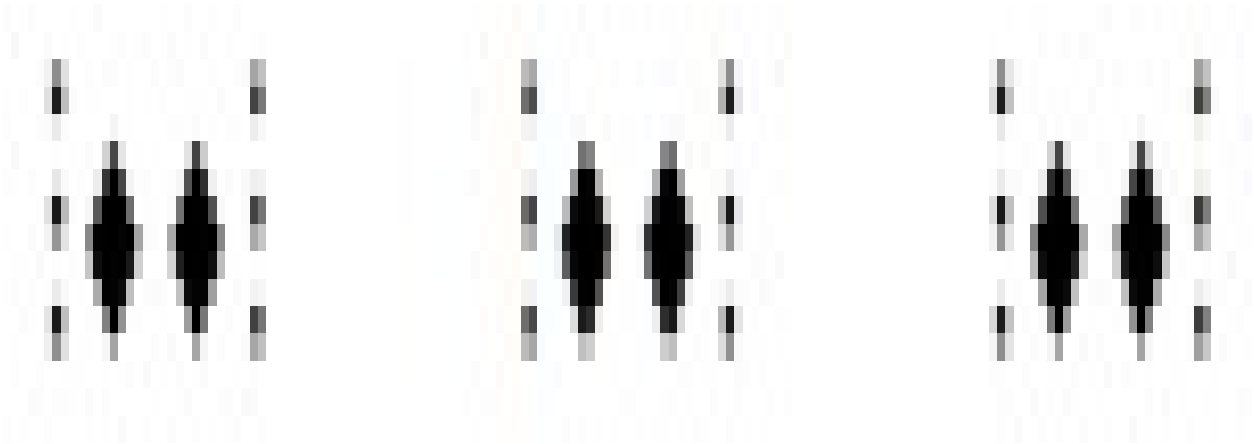
their belief systems or prior experience with energy-based healing.

Most of us are not consciously aware of the subtle energies that fuel our behaviors and states of mind at all times, and yet we all have noticed emotional energies in action, such as when we experience intense anger, fear, or resentment. If we do not release and balance negative emotions properly, but instead “sweep them under the rug,” they may linger in our emotional body for an unlimited time, causing further disturbance. They may even manifest in physical disease. To gain or maintain a state of harmony and health, it is essential to attend to emotional disharmonies, resolve inner conflicts, and release traumatic memories.

Many of our clients have already accomplished a significant amount of inner work, be it emotional or spiritual in nature, and desire to further their growth by addressing those issues that previously seemed intractable. Thus, to benefit from Psychoenergetic Healing, a commitment to growth can be more relevant than the nature of the problem or whether it fits into any traditional diagnostic pigeonhole.

For more information on Psychoenergetic Healing as well as on how to become a Psychoenergetic Healer, please visit www.u-r-light.com or read Beyond Psychotherapy.

We offer trainings, individual sessions, phone sessions, as well as extended intensives for personal growth and healing. Please contact us at expansion@u-r-light.com.



Books by the Authors

Expansion Publishing is offering the following titles by Linda Stein-Luthke and Martin F. Luthke, Ph.D.:

AGREEMENTS. Lessons I Chose on My Journey toward the Light, by Linda Stein-Luthke, ISBN 978-0-9656927-7-9, 338 pp. This captivating narrative tells the story of the life and adventures of a “western” woman with “eastern” experiences. Told with candor and humility, it describes the agony and ecstasy of an exceptional growth process that includes fascinating encounters with many Masters on this and the higher planes. The reader will come away inspired and encouraged to seek the personal relationship to the Light that weaves like a common thread through the author’s ongoing journey toward awakening. More than an interesting autobiography, AGREEMENTS is thus a “teaching tale” with a universal message.

Balancing the Light Within. A Discourse on Healing from the Ascended Master St. Germain, by Linda Stein-Luthke and Martin F. Luthke, ISBN 0-9656927-0-1, 54 pp. A channeled discourse on light vibrations, tools of awareness, chakras, healing of self and others with metaphysical means; suggested readings.

Affirmations and Thought Forms: You Can Change Your Mind! A Discourse from the Ascended Master St. Germain, by Linda Stein-Luthke and Martin F. Luthke, ISBN 0-9656927-1-X, 48 pp. A channeled discourse on the use of affirmations and the power of thought forms and how to use both for healing purposes, with emphasis on self-empowerment and self-awareness; suggested readings.

Angels and Other Beings of Light: They are Here to Help You! A Discourse from the Ascended Master St. Germain, by Linda Stein-Luthke and Martin F. Luthke, ISBN 0-9656927-3-6, 84 pp. Book: A channeled discourse on working with angels, Archangels, Ascended Masters, Twin Flame, soul mates, and other beings of Light; who they are; what their purpose is; how to contact them; how to experience your Higher Self; suggested readings.

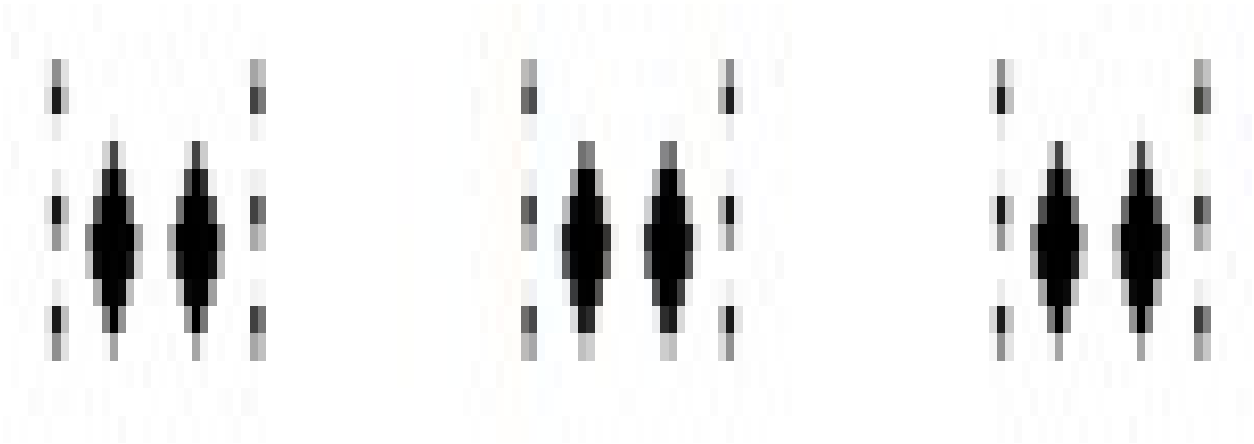
Navigating the Fourth Dimension: A Discourse from the Ascended Masters St. Germain and El Morya Khan, by Linda Stein-Luthke and Martin F. Luthke, ISBN 0-9656927-5-2, 134 pp. A channeled discourse explaining why the past no longer applies and proposing new ways of thinking, being and creating that can lead to an experience of harmony, balance, peace and abundance in the here and now. The appendix contains the first ten issues of the Ascended Masters Newsletter.

Dispelling the Illusions of Aging and Dying: A Discourse from the Ascended Master St. Germain. By Linda Stein-Luthke & Martin F. Luthke, ISBN 0-9656927-6-0, 90 pp. The two greatest fears that human beings possess are the fears of aging and dying -- and that is exactly what holds you in the grip of the process of aging and dying. This book helps you to realize that every fear you have is illusory. When you move beyond the five senses, you can see these illusions for yourself. -- If you choose to follow the suggestions offered by the Ascended Master St. Germain and heal your fears, you will move into a greater awareness of the only true reality there is: that all is Light -- and that includes you.

Beyond Psychotherapy: Introduction to Psychoenergetic Healing, by Martin F. Luthke and Linda Stein-Luthke, ISBN 0-9656927-4-4, 228 pp. This book by the founders of Psychoenergetic Healing describes an advanced approach to the healing of emotional, mental, spiritual and physical issues. A groundbreaking introduction for healers, psychotherapists and all who are interested in energy-based healing methods.

Riding the Tide of Change: Preparing for Personal & Planetary Transformation, by Martin F. Luthke, ISBN 0-9656927-2-8, 108 pp. A metaphysical book on Earth changes with an emphasis on releasing fears, healing self, and understanding our role as co-creators during this time of transformation; suggested readings.

Ascended Masters Newsletters Volume I – V, by Linda Stein-Luthke and Martin F. Luthke, E-Book: These volumes are a compilation of Ascended Masters News-letters in form of an E-book, offering valuable information and guidance for our times.



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